

Michael Raduga



A Practical Guidebook

Phase Research Center presents
(former Oobe Research Center):

THE PHASE
A Practical Guidebook for Lucid Dreaming
and Out-of-Body Travel

(Version 2.0, October 2011)
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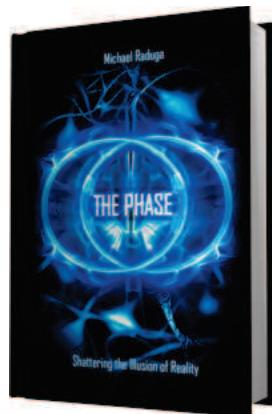
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The Phase. Shattering the Illusion of Reality

All my life I sought an elegant solution to one odd riddle. I sought it from Siberia to California, from the field of neurophysiology to quantum physics, and in illegal experiments on thousands of people. But the answer I found sent me into shock and changed my entire perception of reality. Unlike others, I offer not only a new perspective on the world, but also step-by-step practices that can shake the pillars of your limited reality, and give you revolutionary new tools for obtaining information, self-healing, travel, entertainment, and much more.

M.Raduga

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- the author's changed point of view
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- stunning new prospects
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FOREWORD

I believe that everybody is going to exist in two worlds soon.



The practice of phase states of the mind is the hottest and most promising pursuit of the modern age. Unlike in the past, the notions of "out-of-body experience" and "astral projection" have already lost their mystical halo, and their real basis has been studied in minute detail from the most non-nonsense approach. Now, this phenomenon is accessible to everyone, regardless of their worldview. It is now known how to easily master it and apply it effectively.

This guidebook is the result of ten years of extremely active personal practice and study of the out-of-body phenomenon (the phase), coupled with having successfully taught it to thousands of people. I know all of the obstacles and problems that are usually run into when getting to know this phenomenon, and have tried to protect future practitioners from them in this book.

This guidebook was not created for those who prefer light, empty reading. It is for those who would like to learn something. It contains no speculations or stories, only dry, hard facts and techniques in combination with a completely pragmatic approach and clear procedures for action. They have all been successfully verified by a vast number of practitioners that often had no prior experience. In order to

achieve the same result, it is only necessary to read through each section thoroughly and complete the assignments. It gives each and every person something that previously could only be dreamt about - a parallel reality and the possibility of existing in two worlds.

The book is beneficial not only for beginners, but also for those who already know what it feels like to have an out-of-body encounter and have a certain amount of experience, as this guidebook is devoted not only to entering the state, but also equally dedicated to controlling it.

Contrary to popular opinion, there is nothing difficult about this phenomenon if one tries to attain it with regular and right effort. On average, results are reached in less than a week. More often than not, the techniques work in literally a couple of attempts.

(Sponsors and investors are needed for translation into other languages this free ebook and other our books, videos, etc. Also we need financial support to promote the phase worldwide. Let's change the world together! Take a part in it!)

Michael Raduga
Founder of the Phase Research Center
January 11, 2009
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PART I: GET PHASE WITHIN 3 DAYS

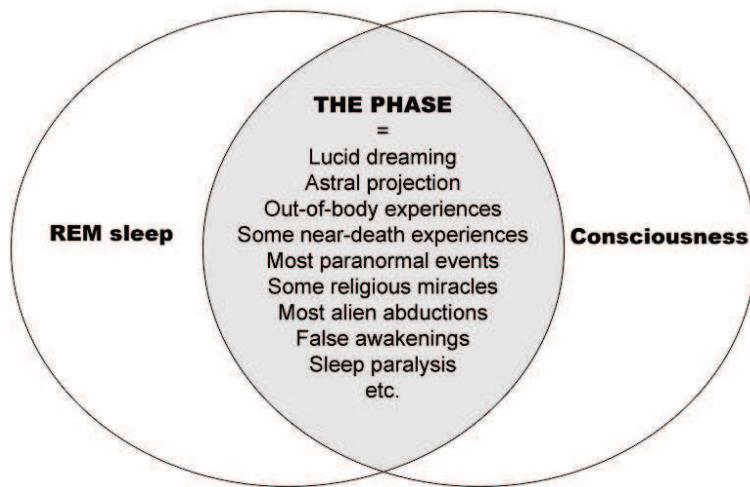
Quick Instructions for Novices

Success Rate:

For 1-5 attempts (1-3 days) - 50%
For 6-10 attempts (2-7 days) - 80%
For 11-20 attempts (3-14 days) - 90%

THE PHENOMENON

Way back when, people did not have consciousness. Yet once it developed, it gradually started occupying more and more of the waking state. However, nowadays consciousness is outgrowing the waking state, and has begun continuing its expansion into other states. Consciousness increasingly springs up during REM-phase sleep, giving rise to the most astounding phenomenon of human existence - feeling oneself in an out-of-body experience. It is probable that men and women of the future will have a conscious existence in two worlds. For now, however, this can only be accomplished using the special techniques described in this book.



Hints at the occurrence of this phenomenon may be found in the Bible and other ancient texts. It lies at the foundation of other phenomena such as near-death experiences, alien abductions, sleep paralysis, and so on. The phenomenon is so extraordinary that many occult movements consider experiencing it to be an accomplishment of the highest order. Statistical research has shown that one person in two will have an intense encounter with it. Meanwhile, the

existence of the phenomenon itself has been scientific fact since the 1970s.

The phenomenon is well-represented in many different kinds of modern practices, albeit under various names ranging from "astral projection" and "out-of-body experience" to "lucid dreaming". We shall use the pragmatic term "the phase" or "phase state" to refer to all the above phenomena, as there is no difference at all between them in their usual practice. We will also take as materialist an approach as possible, casting aside all theoretical tripe and concerning ourselves only with what works in practice.

As regards sensory perception of the phenomenon itself, this is not a mere visualization exercise. Reality itself is but a dull daydream in comparison to the phase state! You won't feel your physical body on the bed there, and all of your senses will be fully immersed in a new world of perception. You can touch and behold anything, walk and fly, eat and drink, feel pain and pleasure, and much, much more. And all this with even more realism and lucidness of perception than daily life! This is the reason many novices experience shock - or even mortal fear - upon entering this state. It's a true parallel world in terms of perception.

The practical side of the phenomenon holds even greater opportunity. In the phase, you can travel the Earth, the Universe, and time itself. You can meet any person you want: friends and family, the deceased, and celebrities. You can obtain information from the phase and apply it towards improving your daily life. You can influence your physiology and treat a number of ailments. You can realize your secret desires and develop your creativity. Meanwhile, people with physical impairments can release themselves from all fetters and obtain anything lacking for them in the physical world. And all this is just the tip of the iceberg of ways to apply the phenomenon in daily life!

You may think that it's difficult to learn if you've read elsewhere that you need spend months, if not years, on it. Get those old wives' tales out of your head - we're in the 21st century! The instructions laid out in this section will help most people to experience this amazing state within only 2 to 3 days of trying. Remember: the techniques described in this

book are the result of many years of experimental research at the Phase Research Center. Thousands have participated first-hand in developing and perfecting the techniques presented here, and have proven that they can be used by absolutely everyone. **All that you need to do is follow these simple instructions as exactly and carefully as you can.** Then, you'll be able to literally live in two worlds!

There are three primary methods for leaving the body. They are used at different times of the day: after sleeping, while sleeping, and without sleeping beforehand. We will begin getting experience using the techniques by starting from the easiest ones - the indirect techniques, which are performed immediately upon awakening. They are quite simple. After mastering those techniques, you can then try to leave your body in the evening or during the day, without sleeping beforehand.

THE INDIRECT METHOD: STEP-BY-STEP INSTRUCTIONS

So, you have decided to experience out-of-body sensations and want to achieve this as quickly as possible. To that end, here we present a brief description of the easiest method - cycles of indirect techniques. This is a universal and most effective way to obtain a phase experience. It has been refined by the Phase Research Center's work with thousands of people all over the world. The secret to indirect techniques is to perform them upon awakening, when the human brain is physiologically quite close to the phase state, or still in it.

Interesting Fact!

Indirect techniques are mainly to thank for our 80% success rate over only 2 days of attempts at three-day seminars, even in groups of 50 people and more. Once, more than half of the group had a phase experience by the second day, and most had two or more experiences.

Cycles of indirect techniques consist of attempts to separate immediately upon awakening, and if that is unsuccessful, then quickly cycling through techniques over the course of a minute until one of them works, after which it is possible to separate from the body. Usually, 1 to 5 properly performed attempts are all that is necessary to obtain results.

The techniques described below work extremely well both when awakening from a daytime nap, as well as in the middle of the night. However, we will be concentrating on the optimum strategy - *the deferred method* - which allows for numerous attempts to be had in a single day. This substantially increases the probability of success occurring in only 1 to 3 days.

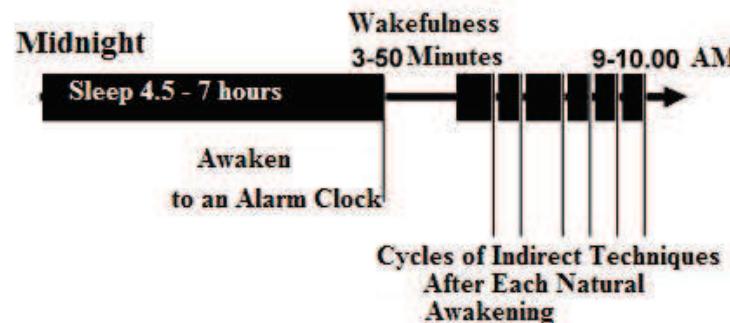
STEP 1: SLEEP 6 HOURS AND THEN WAKE UP WITH AN ALARM CLOCK

On a night before a free day when you won't have to wake up early, go to bed at your usual time and set your alarm so that you'll only sleep for about 6 hours. When the alarm goes off, you must get up to drink a glass of water, go to the bathroom, and read these instructions once again. Do not attempt any techniques before going to bed the night before, no matter what the case. You just need to lie down and get some sound sleep. The sounder you sleep over these 6 hours, the better your chances of getting results.

STEP 2: GO BACK TO SLEEP WITH AN INTENTION

After 3 to 50 minutes of being awake, go back to bed and concentrate your attention on how you will perform cycles of indirect techniques upon each subsequent awakening in order to leave your body and implement your prepared plan of action. No need to set the alarm clock this time. Each subsequent awakening should occur naturally. If it's too bright in the room, you can wear a special eye-mask. If it's loud - use earplugs.

Deferred Method for Indirect Techniques



Meanwhile, focus your attention on how you're going to try to wake up without moving your physical body. This isn't mandatory, but it will substantially increase the effectiveness of the indirect techniques.

Now, sleep for 2 to 4 hours, but take advantage of natural awakenings that occur during this period of time. They will happen much more often than usual. After each attempt - whether successful or not - you must fall back asleep with that very same intention of waking up and trying again. In this way, you can make many attempts over the course of a single morning. Up to a quarter of those attempts will be successful, even for novices (70 to 95% of them will be successful for experienced practitioners).

STEP 3: SEPARATE THE INSTANT YOU AWAKEN

Each time you wake up again, try not to move or open your eyes. Instead, immediately try to separate from your body. Up to 50% of success with indirect techniques comes during this simple first step - one that is so simple that people don't even suspect that it could work.

In order to separate from your body, simply try to stand up, roll out, or levitate. Try to do it with your own perceived (i.e. subtle) body, but without moving your physical muscles. Remember that it will feel just like normal physical movement. When the moment comes, don't think too hard about how to do it. During those first moments after awakening, stubbornly try to separate from your body any way that you can and no matter what. Most likely, you'll intuitively know how to do it. The most important thing is not to think too hard and not to lose those first seconds of awakening.

Interesting Fact!

During the second lesson at Phase School seminars, participants are asked to explain in their own words how they were able to separate, but without using the words "easily", "simply", or "as usual". They are usually always unable to comply with this request, as separation nearly always occurs for them "easily", "simply" and "as usual" when the moment is right.

STEP 4: CYCLING TECHNIQUES AFTER ATTEMPTS TO SEPARATE

If immediate separation doesn't work out - which would become apparent after 3-5 seconds - start right then and there to alternate between 2 to 3 of the techniques that are most straightforward to you, until one of them works. When this happens, you can try to separate again. Choose 2 to 3 of the following five techniques so that you can alternate through them during awakenings:

Rotation

For 3 to 5 seconds, try to imagine rotating to either side along your head-to-toe axis as vividly as possible. If no sensations arise, switch to another technique. If a real or even slight sensation of rotation arises, focus your attention

on this technique and rotate even more energetically. As soon as the sensation of rotating becomes stable and real, you should try to separate again using it as a starting point.

Swimmer technique

For 3 to 5 seconds, try to imagine as decidedly as possible that you are swimming or simply making swimming motions with your arms. Try to feel it no matter what, and as vividly as you can. If nothing happens, switch to another technique. There is no need to switch techniques if the sensation of swimming arises. Instead, intensify the sensations that arise. Afterwards, the real sensation of swimming in water will come to you. That's already the phase - and there's no need for separation when you're already in the phase. However, if such sensations occur while you're in bed instead of a body of water, then you will need to employ a separation technique. Use the swimming sensations as a starting point.

Observing images

Peer into the void before your closed eyes for 3 to 5 seconds. If nothing occurs, switch to another technique. If you see any kind of imagery, peer into it until it becomes realistic. Once it is, separate from the body right then and there, or allow yourself to be pulled into the imagery. When peering at imagery, it's important not to scrutinize details, lest the image wash away. You'll need to look through the picture, which will make it more realistic.

Hand visualization

For 3 to 5 seconds, imagine vividly and decidedly that you are rubbing your hands together close to your eyes. Try no matter what to feel them in front of you, to see them, and even to hear the sound of them rubbing. If nothing happens, switch to another technique. If any of the above sensations start to arise, then keep with the technique and intensify it until it becomes totally realistic. Afterwards you can try to separate from the body, using the sensations arising from the technique as a start-off point.

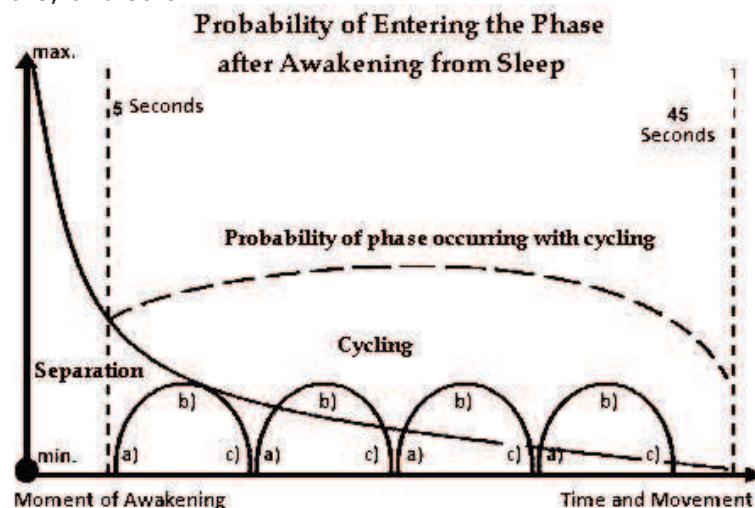
Phantom wiggling

Try to wiggle your perceived hands or feet for 3 to 5 seconds. Do not move a muscle under any circumstances, and do not imagine the movement itself. For example, try to intensively press down and then up, wiggle to the left and right, and so on. If nothing occurs, switch to another technique. If a slight or sluggish sensation of real movement suddenly arises, then focus your attention on the technique, trying to increase the range of motion as much as you can. Once you can move by at least 4 inches, immediately try to separate from your body starting off from the sensations arising from the technique.

All that you need to do for each attempt is alternate between 2 to 3 techniques for 3 to 5 seconds each. This leads to indirect techniques cycles, where the practitioner alternates one technique after another over the course of a minute in search of the one that works. It is very important to do no less than 4 cycles of 2 to 3 techniques during an attempt. Remember - even if a technique doesn't work immediately, that doesn't mean that it will not work on the very next cycle of techniques, if not just a bit later. That's precisely why it's necessary to stubbornly alternate techniques, performing no less than 4 complete cycles, but all within no longer than a minute.

For example, the entire process may take place as follows: a phaser goes to bed at 11:30pm and sets his alarm for 6:00am; at 6:00 he wakes up to his alarm clock, goes to the bathroom, drinks some water, and recalls the indirect techniques as well as his interesting plan of action for the phase (for example, to look in the mirror and fly to Mars); at 6:05am the phaser goes back to sleep with the clear intention of entering the phase upon each subsequent awakening; at 7:35am (or whenever natural awakening occurs) the phaser awakes unexpectedly and immediately tries to separate from his body then and there; not having separated within 3 to 5 seconds, the phaser begins to try to do rotations, but those also do not work within 3 to 5 seconds; the phaser performs the swimmer technique, but that does not work within 3 to 5 seconds, the phaser does phantom wiggling, but it doesn't

work within 3 to 5 seconds, the phaser does rotation again, then the swimmer technique and phantom wiggling for 3 to 5 seconds each; then he once again does rotation, swimming, and phantom wiggling for 3 to 5 seconds each; on the fourth cycle he begins to do rotation and it unexpectedly starts working - the feeling of rotation arises; the phaser keeps with this technique, and spins as hard as he can and separates from his body right then and there using the sensation of rotation: he then runs to the mirror, all the while actively palpating and scrutinizing everything around him from a close distance, which intensifies his sensations; having already looked in the mirror, the practitioner employs the translocation technique and finds himself on Mars, but he is unexpectedly returned to the body; the phaser then immediately tries to leave his body again, but is unable to; he falls back asleep with the clear intention of repeating the attempt upon the next awakening and staying longer on Mars; and so on.



Just repeat the above using the techniques that come most naturally to you, and you'll open yourself up to a whole new universe!

If you take 20 to 30 minutes out of your day to simply train the techniques and the procedure, the method will be

remembered and work better. This will substantially increase the success of attempts upon awakening.

Dream consciousness is also considered to be a phase experience. If you suddenly realize that you're dreaming while asleep, then that's already the phase. You should therefore proceed to implement your plan of action and stabilize the state. If dream consciousness does arise, it would be a side effect of doing technique cycles upon awakenings. This side effect is quite common - always be ready for it.

STEP 5: AFTER THE ATTEMPT

Fall back asleep if you can after each attempt (whether successful or not) in order to make another attempt to leave your body upon your next awakening. That way you'll not only be able to leave your body in one day, but also to do it several times on the very first day!

Interesting Fact!

At a Phase School seminar, a novice was able to leave his body for the first time in his life in 6 of 8 attempts upon awakening the very first morning.

Even the most unsuccessful attempt should last no longer than a minute. If nothing happens over that period of time, it's much more effective to fall asleep and catch the next awakening, as opposed to stubbornly trying to squeeze results out of the current attempt.

PLAN OF ACTION IN THE PHASE

Before entering the phase, you should clearly outline what you are going to do there immediately after separation. This will increase both the quality of the experience and the likelihood of it occurring. Below is a list of the most interesting (if not the most straightforward) phase activities

for novices (choose no more than 2 to 3 activities and remember them well):

Look in a mirror (a must for the first phase!)
Eat or drink something you like
Visit any tourist attraction
Fly over the Earth
Fly throughout the Universe
Fly to neighbors, friends, and family
Meet a lover
Meet a deceased relative
Meet any celebrity
Take medicine for treatment
Obtain information from phase objects
Travel to the past or the future
Walk through a wall
Transmutate into an animal
Drive a sports car
Ride a motorcycle
Breathe underwater
Put your hand inside your body
Feel vibrations
Inhabit two bodies at once
Inhabit another person's body
Move and set fire to objects just by looking at them
Drink liquor
Make love and reach orgasm

For your first phase, be sure to set yourself the goal of making it to a mirror and looking at your reflection. You should specifically program yourself to do this activity, as it will substantially facilitate your first steps in conquering the phase. You may then complete other items on your plan of action and never return to the mirror again.

If your sensations in the phase are dull (i.e. poor sight or numbed bodily sensations), try to touch everything around you actively and scrutinize the minute details of objects from up-close. This will allow you to have a more realistic experience. The same activities should be performed in order

to maintain the phase when the first symptoms of a return to the body occur (for example, when everything becomes dim).

Returning to the body is something you needn't worry about. The state will not last more than several minutes in any case, especially for novices who are little-acquainted with techniques for maintaining the phase.

DIDN'T WORK?

Set yourself this goal: make 5 to 10 attempts to leave your body upon awakening. This procedure, when followed correctly, is sufficient for 50 to 80 percent of novices to get their first results. Turn back to this section if you run into a problem, as it describes the mistakes encountered in 99% (!) of unsuccessful attempts.

Never try these techniques every day, otherwise the success rate of your attempts will drop drastically! Spend no more than 2 to 3 days of the week on it, preferably only on days off. If you don't have an opportunity to sleep in long and with interruption, then don't forget that cycles of indirect techniques can also be used after any other awakening - in the middle of the night for example, or better yet, during a midday nap. What's most important is to establish the clear intention of trying them before falling asleep.

Despite the simplicity of these techniques, novices stubbornly deviate from the clear instructions, following them in their own way or only half-way. Remember what's most important beforehand: the more carefully and literally you follow the instructions in this book, the better your chances for success. Ninety percent will obtain results within one to three awakenings if they do everything correctly from the beginning.

Interesting Fact!

At Phase School seminars, the main task consists not in explaining the proper procedure, but merely in getting participants to follow it to-the-letter. Even if

that goal is only half-way accomplished, success is inevitable.

Typical mistakes when performing indirect techniques include:

- Lack of an attempt to separate

Forgetting to simply try to separate immediately after awakening before cycling techniques, even though this may lead to up to 50% of all experiences. Exception: awakening to movement, after which one may immediately proceed to the techniques.

- Lack of aggression

A desire to get a technique to work no matter what and really get into it is the main criterion for success in employing the indirect technique procedure. Meanwhile, determination should not be superficial, but intensely focused on the actions to be completed. Lack of determination can also manifest itself in passively falling asleep during an attempt.

- Fewer than 4 cycles

No matter what happens and no matter what thoughts occur, you should perform no less than 4 cycles of techniques, assuming none have worked so far. Not following this simple rule will scuttle more than half of your opportunities to enter the phase.

- Unnecessary Change of Technique

Despite the clear instructions given, novices will stubbornly switch techniques after 3 to 5 seconds, even when a technique has started working in one way or another. This is a serious error. If a technique has started working - however so slightly - you need to keep with it and try to intensify it in any way possible.

- Unnecessary Continuation of a Technique

If a technique hasn't begun working in the least after 3 to 5 seconds, it should be changed for another. The point of cycling is to quickly alternate between techniques until one of them starts working.

- Forgetting to Separate

When any technique starts working upon awakening - no matter to what degree - the practitioner is nearly always already in the phase, and is simply lying on his body while in it. That's why you should always try to separate immediately upon there being stable signs that a technique is working. If that doesn't work out, then you need to return to intensifying the technique and try to separate again. If you don't use the first seconds of a technique working, then the phase usually ends quite quickly and the necessary state goes away. Don't lie in your body while in the phase!

- Excessive Analysis

If you analyze what's going on when cycling through techniques upon awakening, then you are not concentrated on the techniques themselves and are sidetracking yourself. This will cause you to miss nearly all chances of obtaining results. The desire to experience the technique working should fully consume you, leaving no place in the mind for analysis or contemplation.

- Excessively Alert Awakening (no Attempt or a Sluggish One)

Due to the perception of an excessively alert awakening (which will be not actually be alert, but only seem to be from 70 to 90% of the time) the practitioner will either forgo trying anything, or will make attempts quite unassuredly, which is equivalent to not trying at all. You ought to follow the instructions automatically, and not pay attention to such perceptions upon awakening.

- Attempting for Longer than a Minute

If no result is obtained after one minute of cycling, then your odds of success will be much greater if you go back to sleep right away and catch the next awakening in order to make a new attempt, as opposed to stubbornly trying to continue on with the techniques.

- Incomplete Separation

When attempting to separate, sometimes it doesn't come easily or completely. Sluggishness, stuck

body parts, and being stuck in two bodies at once are some things that may occur. Never give up under any circumstances and do not stop separating if this happens. Full separation will occur if you counteract such problems with all your strength.

- Not Recognizing the Phase

Practitioners often enter the phase but then return back to the body because they feel that what occurred is not what they had expected. For example, when observing images they are often pulled into the scenery, or they are spontaneously thrown into another world when rotating. Practitioners often think that they have to experience the feeling of separation itself, which is why they might return back to their bodies in order to obtain it. The same applies to becoming conscious while dreaming, as the practitioner is already in the phase and it only remains to deepen and implement his plan of action.

- Awakening to Movement (no Attempt or a Sluggish One)

Awakening without moving is desirable, but not mandatory. There's no sense in forgoing most opportunities by waiting for the right awakening. You must take advantage of every awakening that you can.

- Wasting the First Seconds

Try to develop the habit of immediately and reflexively proceeding to the techniques upon awakening, without losing a second. The more time that elapses between awakening and the attempt itself, the lower the odds of success. It's best to learn to catch not so much the very second of awakening, but rather the transitional moment when "surfacing" from sleep. Separation is almost always successful during that transitional moment.

- Selection of Same-Type Techniques

There's no point in selecting techniques for your practice that are similar to one another or focused on the same sensation (when using techniques from other parts of this book).

- Use of a Single Technique

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Cycling indirect techniques upon awakening is a universal method that can work for anybody provided they alternate several techniques. Completely different methods may work over different attempts. That's why using only a single technique upon awakening instead of cycling through at least two leads to substantially lowered odds of entering the phase.

- False Physical Movement

Sometimes separation is so indistinguishable from ordinary physical movement that novices are unable to believe their own success. They perceive separation as a physical movement and then disappointedly lie back down into their body. In such cases, one ought to carefully evaluate the situation and possibly perform reality checks.

THE FOUR PRINCIPLES OF SUCCESS

Do It No Matter What. When performing phase entrance and separation techniques, put your all into them and concentrate on them as if they were your life's goal and mission. Chomp at the bit to leave your body.

Be Aggressive. Put all of your enthusiasm and desire into the techniques. The desire to get the techniques to work should be coupled with full aggression in achieving that result.

Be Self-Assured. During attempts, be as sure as possible of the results. When making attempts, lack of assuredness in yourself and the results will substantially lower your probability of phase entrance. Nearly all phase entrances are accompanied by self-assured thought like "I'm going to do it now", while unsuccessful attempts involve thinking "I guess I'll try, but I doubt it'll work".

Do it Robotically. Don't think about anything when completing the technique procedure. You already have the instructions. Just carry them out, not matter what things may seem to you or what thoughts enter your mind. Robotically is also understood to mean exactly. The indirect technique procedure has been honed by work with thousands of

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practitioners all over the world, neglecting any detail isn't worth it.

IT WORKED!

If you were successfully able to employ the indirect techniques and enter the phase at least 3 to 5 times, then you can gradually move on to the advanced textbook in order to flesh out your practice. Now you're a man or woman of the future, and all that remains is to hone your new ability!

PART II: 100 PHASES

Real Experiences to Guide and Motivate

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CHAPTER 1. MY FIRST OUT-OF-BODY EXPERIENCE

Our inboxes receive a daily flood of phase entrance testimonials at the Phase Research Center, Phase School seminars around the world, and all of our many-language websites and forums. A small selection of them are featured in this part of the book in order to vividly demonstrate how out-of-body experience occurs in practice. Of course, mere words can hardly convey even a tenth of the emotion people experience. However, they are enough to demonstrate how important and fascinating this can be for absolutely everyone. Thousands of phase experience accounts are also freely available on the "Practitioner Blogs" section of our forums.

We start with first-time novice phase experiences presented in order of entrance method and technique.

SEPARATION IMMEDIATELY UPON AWAKENING

Presented here are testimonials describing first-time phase experiences achieved during the first step in cycling indirect techniques: attempting to separate immediately upon awakening.

Johnny Asmussen Silkeborg, Denmark

I woke up one morning without moving or opening my eyes, and it was a very good feeling. I then thought to myself that I should do my indirect technique. But instead, I said to myself, "Try to leave your body", and I thought that I would sit up on my bedside. I was lying on my back, but I had not yet moved at all, and so I decided to give it my all and thought, "Just do it!" Almost immediately, I was sitting up on my bedside.

I knew that I hadn't moved at all because I never get out of my bed that fast; it happened in a blink of an eye.

In my enjoyment of total freedom, I forgot my plan of action, and I forgot the most important thing to do next -

deepening. While sitting there, I turned my head to look at my body, just to be 120% sure that I was out of my body. Just before, I had looked down at my bed (*M.R.: wrong reality check*). I woke up looking at the ceiling in my "real" body (*M.R.: no re-entering*).

It was short, it was quick, *but it was the phase*. I am hooked for life!

Alexander Dyrenkov Moscow, Russia

My first entry happened at night. I was lying in bed and thinking about the phase, as I had been unable to fall asleep for a while. I dozed off for a moment and then awoke again, this time already in the proper state, and then easily rolled out (more or less unconsciously and reflexively). I went deeper by means of touching and then falling headfirst. It is a pity that I've already forgotten a lot of the experience, but I do remember that after deepening I fell right down onto the yard of my grandmother's house, but then lost consciousness, and so I returned into my body and rolled out of it several times (*M.R.: no plan of action*). I was unable to sharpen all my senses: When I deepened one sense (touch, for example), another (i.e. sight) would fade away. After that, I have a gap in my memory concerning my travels (consciousness and lucidity were weak, and I fell asleep and "resurfaced" several times), but I remember having been to a lot of places.

Here's how the episode ended: I dove headfirst into water from a high board (after first having deepened a bit), and then my sense of touch grew sharper: I felt "water" and hit my head against a very soft "bottom." I resumed the interrupted fall through willpower, but then it occurred to me that my grandmother wanted to wake me up. My level of awareness was not quite adequate, as it did not occur to me that I was actually sleeping in a dormitory, and not at my grandmother's house. That's why I decided that I needed to return to my body. A sharp fall occurred right after that thought, and was followed by sensations similar to those one experiences when hung-over.

Anthony Pucci

I had just had a slightly disturbing dream. (I can't recall what it was now, but it left me a little shaken.) I woke up, eyes still closed, and completely still. "Well, I'll give it a shot," I thought to myself. I tried to move my arms without using muscles. My right arm rose slightly, and I've had some experiences in the past that helped me remember the tingling sensations present during separation - *holy cow, it's finally working!*

I was still a little doubtful when it came time to get up, but I tried nevertheless and that "electric shock" sort of feeling coursed through me after total separation. "I did it," I said aloud. "I can go see her now." Who *she* is may be explained later if I feel up to it, but for now, I will call her Mia, since she is relevant and that name is easier for me to type. I regained my composure and recalled that I had to deepen, and did so. I felt the walls, the bed posts, and my clothes. I was wearing a very long shirt (down past my waist) and some boxer-briefs, instead of what I had gone to sleep in.

When I finally got my vision to return, everything seemed larger than it should've been, and I felt slightly anxious, sort of like that paranoia you feel after watching a scary movie. Regardless, I pushed through it. I went to my door. "Mia's behind this door," I thought to myself. It didn't lead anywhere unusual, just out into my hall. Again, things were a little larger than they should've been and a few places were covered in a very dim greenish light. I called her name, beckoning, "Mia?" My voice was quiet and shaken. I couldn't seem to regain my composure for some reason. I continued calling her name, and asked, "Where are you?"

I heard her voice in my head responding, "Huh? I'm right here." I went down the hall in a half-panic, checking various places in the house for her. Everywhere I went was extra-large and dimly lit in green. "Where is here?!" I cried. Her voice answered me again, "the usual place." I was getting frustrated now. I wanted to see Mia badly, asking, "Where's the usual place?!" I retraced my steps. Maybe she was behind me.

Unfortunately, that's where my story ends, because I returned to my body soon afterwards. I tried to leave it again, but I couldn't budge. The residual doubt and fear in my mind

may have held me back. I know I made a few mistakes in my techniques, namely not being absolutely 100% convinced that my door would lead me to Mia, and not maintaining.

Svyatoslav Baranov Perm, Russia

I woke up on my side. I didn't feel like sleeping anymore, but I closed my eyes anyway. When I lay down on my back, I immediately felt the sensation that I was about to fall from the couch (I was lying on the edge), and some kind of lapse occurred, as if I was being pulled somewhere. I lay down once again, and this buzzing started, and a green light appeared before my eyes. I lay back even further, and my eyelids started to flutter. I thought that I might fall from the couch at that moment, but then my vision came to me, and I observed that I was already lying on the floor next to the couch! I got up on my feet and noticed that the room was "spinning" as if I were drunk, but everything quite quickly went back to normal. At that very moment, I understood that this was it! The phase itself (*M.R.: no deepening*)!

In ecstasy, I forgot about all the techniques and went to look about the room (*M.R.: no plan of action*). Everything was just like in reality, but some things were out of place. I tried to levitate and bent backwards, and was somehow thrust outside. It was dusk out there, and there was a lot of snow on the ground. I went around the house and tried to levitate. I was able to soar upwards, and saw the horizon and sunset. But then I began to lose altitude. After having flown to the window on the other side of the house, I wanted to go up to the roof, but then a foul occurred (*M.R.: no maintaining*). In a fraction of a second, I had the sensation that I was "nowhere". But then, my real eyes opened (with difficulty) and there was once again the feeling of some sort of lapse (*M.R.: no re-entering*). Awareness was dim during the phase, apparently due to not having gotten enough sleep.

EMPLOYING THE INDIRECT TECHNIQUES

If separating upon awakening is unsuccessful or for some reason no such attempt is even made, then quick alternation through techniques is employed. Separation may be attempted once one of the alternated techniques starts working.

Dodd Stolworthy
Ventura, USA

I went to bed at 10 PM. I woke at 5:30, used the bathroom, and went back to bed. It took me a while to fall asleep. Once I did, I woke up a couple of times and changed positions each time. I felt vibrations come on and heard people talking as they came in my house. I also heard little footsteps near my bed and thought it might be one of my kids. Luckily, I remembered that this type of phenomenon happens when entering the phase (*M.R.: no separation*). I stayed still and strained the brain to increase the vibrations. This worked really well (*M.R.: no separation*). I then used phantom wiggling and got my left arm out. At this point I tried to separate by rolling out, but with no success. I then got my right arm out, but I thought I had actually moved my real arm. I was worried I had blown the whole thing, but decided to continue anyways. I tried to see both arms in front of me. They quickly appeared and I saw them through closed eyes! I started swinging my arms from side to side and rolled out of my body.

I was now on the floor next to my bed. I was so excited. I had just done what I had been reading about for 10 months! I remembered to stabilize the experience by rubbing my hands together. As I was doing this, I looked down and noticed my hands looked fat and swollen. I then saw my wife leave the bedroom and go downstairs (*M.R.: no plan of action*). I followed her and noticed the sun shining in through the windows. It was still dark in real life. My wife then went back upstairs, so I decided to go outside. I started for the front door but decided to fly through the window. I landed in the street and walked around for a bit. I started to go up to my neighbor's house, but noticed that everything was fading (*M.R.: no maintaining*). I had lost the experience and was now back in bed. I quickly spun around (in my mind) and

noticed myself right back in the same spot I had left! I walked up to my neighbor's door, rang the doorbell, and waited for her to come. I then lost it again and tried spinning, but it did not work.

Maxim Shvets,
Moscow, Russia

I went to bed with the intention of entering the phase while dreaming or upon awakening in the morning. I woke up at about 6:30 am, and decided to try the method of visualization, as phantom wiggling had not worked over the past 2 days (*M.R.: no separation*). Vague images gradually created a scene in front of me, which I then found myself participating in. I felt myself separating from my body, and rolled out of it. I opened my eyes. Some guy grabbed me by the shoulder and said, "You've left your body, be cool." I told him that I was ready. He turned me around, and I saw my body...

My body was lying on its back with open eyes, even though I had started visualizing while lying on my stomach. Not assigning any particular significance to this, I decided to deepen right away. I squatted down and began to quickly palpate the floor and the walls with the palms of my hands. I then looked at my index finger, and could discern the lines in the skin. Figuring that this was all wonderful, I went to the kitchen in order to fly (*M.R.: no plan of action*). However, I remembered that it was best for novices not to attempt this. I returned to my bedroom door and pictured there being a sunny beach behind it. I opened the door and immediately woke up lying on my back (*M.R.: no maintaining and no re-entering*)...

Alan
Plymouth, UK

I woke up (*M.R.: no separation*) and immediately applied phantom wiggling on my left arm for five seconds, and my arm began moving freely (*M.R.: no separation*). I could at this point have had an OBE, but I wanted a lucid dream (*M.R.: wrong logic*). After five seconds of phantom wiggling I switched to five seconds of listening in (*M.R.: wrong action*).

After about two seconds of listening in to the high pitched natural sound inside my head, it started to increase in volume (*M.R.: no separation*). After five seconds I still hadn't entered a dream, and so I switched to five seconds of observing Images. I didn't see anything, so I switched to straining the brain. Immediately the high pitched sound in my head became very loud, and so I immediately switched to listening in again (*M.R.: no separation*). I saw a purple pool of water and felt that its clarity was very good. Then, I found myself fully immersed in a lucid dream.

I was in a deep, beautiful valley with lambs frolicking about. I looked around and marveled at the ability to be able to have a lucid dream in a matter of seconds (*M.R.: no deepening*). I enjoyed my lucid dream...

**Artem Arakcheev
Moscow, Russia**

I did indirect techniques. While peering at images, I caught sight of the same dream episode that I had been watching until I first woke up. The picture was very realistic. It seemed to me that I could change everything in this dream. I tried to get out of my body, and immediately flew through my head right into that dream. I landed at the door of the home that I grew up in. I then found myself at a window on the second floor.

Having remembered about the deepening techniques, I quickly began to scrutinize the window itself. My attention then shifted, and I peered out through the window. Everything was in its place, like in real life. Some man approached the door. I don't know why, but I was sure that I needed to watch what he was up to. I instinctively took off from the second floor window, going right through the glass. I lowered to the level of the ground floor. The man walked in through the front door. I followed him, flew in through the door, and began to pursue him.

I then remembered that I had a plan for the phase. At precisely that moment, the phase space began to fade and disappear. I realized that I should apply the maintaining techniques, but did not manage to do so in time. Within a moment, I woke up to myself lying in bed. My body

temperature went up. My breathing and heartbeat became more frequent. A second attempt to separate was of no use.

**Wagner
Porto Alegre, Brasil**

I was awoken by my cat and ended up accidentally employing the deferred method since I had slept some hours before this OBE. Then I did forced falling asleep, then cycled rotation, observing images, listening in, phantom wiggling etc. I can't remember which one led to vibrations. I amplified the vibrations once I felt them (they were an unknown sensation to me until then), but I couldn't remember what I was supposed to do then: to wait for sleep paralysis or try to separate. Then I decided to do just anything and tried to separate by floating upwards, as if me and my body had the same magnetic charge and would repel each other, because I've ruined some attempts before by trying to roll out and moving my actual body.

It worked, to a point. I felt as if I was floating about one foot high. Meanwhile, my plan was to separate, turn around, see my body and think, "Wow, man!" Then I would start rubbing my hands, palpating, peering and do a list of things while maintaining. But instead, I floated without seeing anything, I just felt the "thrust" pushing me up, which took about half a second or less and without sight. I simply "was" in a place that I hadn't consciously chosen, and I kind of forgot that I could make decisions at that point and started watching things passively. Earlier I had remembered all the techniques that I should employ, but at the moment it slipped my mind.

I went to a place where somehow I knew only musicians went to in order to find other musicians and play along with them. It had a great positive "vibe" to it, I then heard voices of people talking around. There was a female voice, and this girl walked from right to left behind me but somehow I "saw" her All Star shoes. She was commenting about what a cool and friendly place it was. There was a guy with a black trench coat and a shaved head playing something between a piston and a trombone - it was deep dark blue, and he played it with one hand and a guitar with the other, producing awesome

music. The piston's keys were actually chromed Fender-type "elephant ear" bass tuners. He didn't put his mouth on the thing at any moment and played it pointing it towards his foot the whole time. The guitar was suspended out in front of him by a strap on his left side with its neck pointing upwards. It sometimes sounded like a piano. There were no amplifiers, pedals or cables at all.

When I felt he was about to finish his music, I wanted to applaud him and tell him that it was awesome, but he disappeared to I don't know where. This was strange because it was as if the music was still sounding, and I wouldn't dare open my mouth while he was still playing. It was beautiful.

Then, a man about 60 years old who was dressed somewhat like a sailor (at least that was what I thought) approached another guy who was playing some unknown instrument, resting the thing on his left shoulder like a violin. I think it was not an actual instrument, but rather something like a sewing machine or something oneiric in nature like that. The sailor stopped by the side of the sewing machine man and from inside of a worn out black, cheap looking plastic bag for which most people wouldn't give a penny, neither would I, pulled a barbed edged transparent acrylic plate which looked as if it was just sawn off of a jigsaw, as if it was a randomly cut plate which had fallen off while the actual piece, whatever it could be, was being made. The plate was about 1 foot by 1 foot 4 inches and was not exactly rectangular. I'd never suppose that thing would play music.

Actually, when he played perfectly accompanying the sewing machine guy, I asked myself, "what will he be playing with..." I lurched forward and opened my mouth in complete surprise: It was a Flexing Instrument. I had never thought of this obvious concept before, and probably wouldn't have without that experience. Everybody knows the bass, "pook" or "wok" sound that an X-Ray plate or some large plate like that - even made of different materials - makes when flexed, and most people know the high pitched, "kweek" sound of tiny steel lids about 2 inches in diameter that come in small cans of several types - the noise they make when folded in and out. Well, when the sailor held the plate with the tips of his fingers near the edges of the plate, the folding area was

wider, and so the sound was bassier. When he held it with his fingertips close to the center, the folding area was smaller and so the sound was higher pitched. He could get his hands closer or farther as fast as choosing notes on any other instrument, and could play along with every note of the sewing machine man. It was impressive. I don't remember how this phase ended (*M.R.: no maintaining*).

HINTS FROM THE MIND

During some awakenings, the mind sends hints in the form of various sensations that can be easily used to enter the phase. You need only intensify those sensations and separate from the body. Such hints usually consist of images, sleep stupors, vibrations, noise, dream figments and real or false numbness.

Ivan Yakovlev
Antwerp, Belgium

I don't know what woke me up, but I knew right away that something was out of order. I could not open my eyes, and my body was almost just asking to rise up. I understood what was going on - all of this indicated that I was having an out-of-body experience. The first thing I tried was to lift my left hand up, and it worked. I understood that this was an astral hand, because I could see through it. I moved hastily and carefully to the other side of the bed (There was a strange sensation in my head at that time). I calmed down and tried to do something again. I levitated about half a meter above the bed. Vision came back to me right then and I saw what appeared to be my room, but not exactly it, as the rug on the floor was of a different color pattern and the door was closed for some reason (*M.R.: no deepening and no plan of action*).

I could not comprehend why everything was lit from behind my back. Then, I looked over my left shoulder and saw a small bright white ball behind my shoulder blade at a distance of 8 inches. It was lighting up the room up. Then I tried to go through the door, but was unable to (*M.R.: no*

maintaining). Out of the fear that I would never return to my real body (*M.R.: wrong logic*), I woke up in the everyday world (*M.R.: no re-entering*).

Natalya Kozhenova
Shchelkovo, Russia

When I was about 17 or 18 years old, I read some esoteric articles on astral projection. They seemed quite interesting to me, but no more than a curiosity – I did not particularly believe in such things.

One evening, I went to bed as usual. I woke up in the middle of the night, but was unable to move my body and there was a loud noise in my head. Having been reminded of those articles, I simply tried to levitate and I managed to do so, as if through my forehead somehow. The sensation of flying was very realistic, to my great surprise. The first thought that occurred to me was, "Wow, these astral guys weren't lying!" I hovered above my body for some time in the dark. I thought of vision, and it started to appear. I then flew towards the window, and upon turning around in to face my body (*M.R.: no deepening and no plan of action*), I saw it in its proper place. I decided to fly back to it and touch it. When I finally poked it, it sucked my back into it, causing a quite strange sensation (*M.R.: no maintaining and no re-entering*).

Alexander Furmenkov
Saint Petersburg, Russia

I woke up at early in the night after some difficulties with falling asleep. Blurred images started to float before my eyes and I realized that I could enter the phase. I started to discard unnecessary images, and after getting ahold of one of them, I emerged in some kind of a yellow corridor. The level of general realness and awareness of the experience was about 80% to 90% of that of reality. I remembered about the methods for deepening, which is why I started to look at everything going on around me, but this did not yield any serious results. I started to touch myself, but all sensation seemed somewhat dampened. I realized that I was losing awareness. I came round, but nevertheless fell asleep in

about 20 seconds (*M.R.: no plan of action and no maintaining*).

BECOMING CONSCIOUS WHILE DREAMING

If you become aware that everything around you is but a dream while you are in one, then everything from that moment on is already the phase. All that remains is to make it a full phase experience by enhancing your sensations and carrying out your plan of action.

Evaldas
Lithuania

I was sitting on a bench, just thinking and doing nothing, when suddenly a woman showed up and said to me, "Maybe you are dreaming". I was in shock. It struck me like lightning: "Oh my God! I am in the phase!"

A plan, a plan, I had a plan. What should I do next? Since I'd just finished reading Michael's book, I knew all about deepening and maintaining, and so I touched everything around me, looked closely at my hands and rubbed them. My vision and other senses got stronger and so I moved on to my plan.

I wanted to try flying, walking, teleporting, diving into the ground and jumping through walls. First of all, I tried flying. I jumped up as high as I could and then floated down. I jumped again and started flying. I felt the wind and the sun. I could see far into the distance. When my vision got blurry, I decided to teleport into my room and do some maintaining and deepening.

In my room I found that same woman, and she told me: "try going through walls". I touched the wall and was a little bit afraid. After forgetting my fear I started running towards another wall and jumped through it. The feeling was amazing. The woman advised me again: "Try diving into the ground, but don't forget to imagine where you want to end up". I walked into the middle of my room and started falling down. I closed my eyes and imagined a beautiful rice field. It felt like I was falling forever, and then - BOOM! I was falling down

from a very far height. I was falling towards a huge table full of delicious dishes which had rice as the main ingredient. I started laughing and thought: "Wow, my subconscious played a hell of a joke on me". That's when I woke up (*M.R.: no maintaining and no re-entering*).

**Ssergiu
Reșița, Romania**

I don't think that I needed to realize that I was dreaming because as soon as I fell asleep, I became lucid. I couldn't see anything but the screen of an iPhone and I knew I had to choose the place I wanted to be in. I chose a weird place that I had never seen before and then I saw a white door. I opened the door, wondering where it would bring me to (*M.R.: no deepening and no plan of action*). I got in a weird room and there were a lot of skeletons on the floor, so I freaked out and then teleported somewhere else.

I remembered having been in many other places when I woke up next to my bed. I wasn't sure what had actually happened, I thought it was still a lucid dream.

I was next to my bed and could see almost everything in my room, even the turned-out TV - but I couldn't bring myself to look in my bed's direction. I didn't want to do that at all.

After a while, I started to feel my breath. I was scared because I was breathing too slowly and I thought I was going to die if I didn't start breathing faster (*M.R.: wrong logic*).

I wanted to wake up, but each time I tried I got back in my body but only for a second (in SP) and then again next to my bed. I had tried to wake up about 7 times before I finally woke up (*M.R.: wrong action*). I was scared but also amazed of what had happened to me. However, I could consider myself "lucky" because I had experienced sleep paralysis before and I knew how to get out of it.

After the experience I didn't even bother trying lucid dreaming again, I got all interested in OOBES.

**Roman
Rostov-on-Don, Russia**

My first time entering the phase. I dreamt that I was hurrying somewhere, and constantly thinking about

something. At a certain wonderful moment, I hit upon the idea that I was dreaming, and decided to try to exit (*M.R.: wrong action and no deepening*). I lay on the ground and began to exit, imagining how I was separating from the body. During the transition, I nearly was thrown out of the phase due to tension and fear. I was nonetheless successful. I saw myself at a doorway after having crawled through a wall. It was like coming out of a bog. The sensation of separating was very vivid.

I suddenly noticed a person there. He helped me to get completely out (*M.R.: no plan of action*). He introduced himself, and started telling me some particulars about the world that I had landed in (I don't recall well what he said, as I was looking around the whole time and couldn't tear my eyes off my surroundings - I was spellbound). In the end, I became worried about my body, and decided that it was time to return back (*M.R.: wrong logic*). Returning was like a nightmare. There were voices, sounds, and strange sensations. I had the feeling that time had stood still... I was so happy upon waking up that I couldn't sleep for the rest of the night.

**Josh
Australia**

One night I was dreaming of travelling in a car with a friend and thought she was driving way too fast and then I got bizarre rushing sensations that enveloped my entire physical body and it felt like I was being turned inside out.

The sensations stopped, and then I was fully awake and completely aware and I opened my eyes. I was in my bedroom lying on my back and my body had a blue hue or tint to it (*M.R.: no separation and deepening*). I felt my arms moving around and I realized what had happened and panicked. I asked to go back to my body and then with a slight tingling I opened my eyes for real (*M.R.: wrong action*) and I was actually lying on my side facing my partner.

Then I knew the experience was real.

**Alexei Bakharev
Sochi, Russia**

This was the first time that I managed to become conscious while dreaming. Before falling asleep, I concentrated on the darkness before my eyes and tried to remain consciousness as long as I could. All of a sudden, I dreamt that I was levitating to the ceiling, which resulted in my becoming conscious that I was dreaming. My phantom body responded poorly to attempts to control it, and simply hovered beneath the ceiling (*M.R.: no deepening*). There were two people sitting on the floor below. They were looking in my direction, but it seemed that they did not see me (*M.R.: no plan of action and maintaining*). At this point I woke up and felt some sort of tingling and itching in my legs (*M.R.: no re-entering*).

DIRECT EXIT FROM THE BODY WITHOUT PRIOR SLEEP

Direct entrance into the phase without prior sleep (or after a period of full awareness) is achieved by bringing about shallow dips out of conscious awareness. All that remains is to separate from the body on the way back up from such a dip.

**Phil B.
New York, USA**

I woke up at 6 AM today, went to the bathroom, and then lay back down immediately to try to sleep. I usually have difficulty falling asleep, so this time, for the first time, I put in earplugs and wore a facemask. After about an hour, I was still quite awake and running through ideas for my class in my head.

After an hour I wasn't falling asleep yet, but I was very relaxed physically, and so I tried forced falling asleep. After about 10-15 seconds, I felt a strange dislocation and numbness settle over my body (*M.R.: no separation*), which felt unusual. I immediately tried listening in, and heard a very loud ringing sound, like fire alarms going off. I listened to it and it got louder and then seemed to peak. It was very loud (*M.R.: no separation*), but nothing else was happening and so I switched to observing images for a few seconds. Still

nothing. The ringing got even quieter, and so I went back to listening in. It got louder again, and again it seemed to peak.

Then, I realized that it was so loud that I was probably already in the phase but didn't realize it. I tried rolling over with a sudden jerk, and BAM! I was out of bed, standing on the floor! I can't describe how unexpected this was: I had no idea what rolling out would feel like, and it turned out to be kind of like climbing out of a pool, about that much resistance. Michael's advice to not worry and just DO IT was right on the money.

I was very excited, but I remembered the SOBT advice to immediately deepen. Everything was grey and I felt nothing, heard nothing, saw only grey silhouettes around me. I started rubbing my hands together firmly in front of my face and they slowly came into view, along with everything else in my room. I started peering at my hands and fingers, and my vision became crystal clear. My room came into perfect lifelike focus. I walked around my room peering and palpating everything I could find. Since it was my first time in the phase, I examined all the random objects lying around on my shelves and table and they all appeared perfectly real, even the writing on them (I didn't stop to try to read the individual words because I didn't want a foul). I continuously reminded myself that I was phasing, so as not to lose consciousness and fall asleep (*M.R.: no plan of action*).

After spending about a minute looking at everything and being amazed by the simulacrum of reality, I decided to try to do something with the experience. I didn't have any plans beforehand because I was not really expecting success, but I decided on the spur of the moment to try flying. I looked up at my ceiling, then down at my feet, took a deep breath and tried to levitate while looking at my feet. They slowly rose a few inches off the floor, and as I exhaled they went back down. Perfectly controlled, as I expected. I tried again, with another deep breath and this time a jump, and I launched myself through my ceiling like superman, fists extended. I didn't want to pass through my ceiling insubstantially, I wanted to blast out, and I did, through about 10 floors of brick and plaster which exploded in front of me like a multistory pratfall in reverse.

Then I was out, above my house. I was not in my neighborhood, but in some kind of huge cave that housed an entire city. I didn't recognize anything and didn't have any plans of where to go, so I just flew around a little bit and eventually zoomed in on a window where some "friend" of mine (I don't know who it was, they were just labeled "friend" in my dream consciousness") was watching a movie on television. At this point, since I didn't have anything to do, and I was just hovering outside the window with a pause in my actions, I fouled and woke up in bed.

I hadn't moved and I wanted to immediately try to enter the phase again, but I was just too excited and I felt my physical body very clearly. I decided to get up and record my experience, and when I stood up it confirmed that I was completely awake and not the least groggy or relaxed since I was able to turn on my computer and write clearly and lucidly right away.

**Anna
Barnaul, Russia**

I was in my bed imagining that I was leaving my body and soon I felt that I was pulled by someone out of my body. I decided not to resist it though the vibrations were strong and frightened me a little. And in less than no time I found myself standing on the floor out of my body. The room was luminous with sunlight. I felt free and extremely happy, as if I got rid of something unnecessary which always troubled me.

My new body had no legs but there was no need in them (*M.R.: no deepening*). And I had thought that it was necessary to bring something from the other room as the fact confirming that I was in Astral (*M.R.: wrong logic and no plan of action*). I flounced out of the room, seized a bag and brought it to my bedroom. (In the morning the bag was in its former place again).

Then I watched something strange: my new bed and room existed simultaneously with my old bed and room. Everything had mixed up and I hastened to return to my body. I saw my body lying in my bed and became suddenly very upset. I thought: "How such a young soul can return to such an "old" body?". Then, I felt a pity to myself and I tried

to join my body (*M.R.: wrong action*), but did not manage it. Fear overwhelmed me.

At once I recollected, that I had read somewhere that one should make a turnabout to join his body. I did so and soon found myself in my physical body.

**John Merritt
Houston, USA**

A friend of mine found *A Practical Guidebook* on the net and sent me the link. I read the book, and soon it finally happened.

I went to sleep around 10 or 11 and woke up at 4. I stayed up for 30 minutes and lay back down. I started meditating, and then going over the techniques and separation in my mind. I fell into a free floating state, going in and out of consciousness. I started observing images. And soon vibrations started. I had already experienced vibrations once or twice. The first time I felt them I was scared and they went away after a few seconds. The second time I tried to intensify them and it seemed to work for a few seconds, but then again nothing. This time I used straining the brain and the vibrations got stronger and stronger. And this time I didn't lose them. They intensified and came to a crescendo, and when they were over, I felt different. My next thought was I was already separated from my body. All I had to do was just stand up! And I was right.

I rose up out of my body and sat up and stepped off the bed and I was out! I hadn't really planned what I would do (*M.R.: no deepening and no plan of action*). The room was dark, and my first thought was to turn on a light. I was in my bedroom so I walked into the bathroom in my bedroom and flipped the light switch on. Nothing. I vaguely thought to myself, "maybe the light is burned out", so I walked out into the hallway and into the other upstairs bathroom and turned on that light switch. Again nothing. But I remembered then from reading lucid dreaming books that light switches don't work in dreams. And since I was in my astral body turning on the light switch wasn't going to work either.

I decided to go back to my bed and look at myself. I ran into the room saw my bed and literally jumped up on the

footboard and looked. And there I was. Or there my body was. And it was the most incredible feeling I'd ever experienced in my life. I was outside my body and I knew it. I was wide awake, fully conscious, with all my essence, memories, all of me. But there it was asleep on the bed. My physical body. I even saw one of my arms jerk a little. After that I felt the need to verify what had just happened, and see if I could remember it. Soon I was back in my body and wide awake (*M.R.: no re-entering*). And it was true. It had really happened. At last I had done it. And it was real. And I remembered every second of it.

Artem Mingazov
Ulyanovsk, Russia

I lay on the couch and tried to directly exit. Everything was going along well when my consciousness suddenly "checked out" for a moment. When I returned, I realized that I was lying on the bed and felt a phantom body. I tried rolling out to the side, which worked, albeit with some difficulty.

Here I began to palpate the bed and myself (I did everything a bit hurriedly). I couldn't see yet. I decided that I could deepen and I dove head-first into the floor (that is, more exactly, into the void). I flew down a little bit, and found myself in my neighbor's apartment below. I then flew back up to my own apartment and stood on the floor. Trying to restore vision, I opened my eyes. It felt like trying to open the eyes after a long period of sleep deprivation, my eyelids were heavy and yielded grudgingly. I looked around: I was standing in my room, it was sunny outside. I decided to try to fly (well, I love flying) (*M.R.: no plan of action*). I was able to fly up to the ceiling, but immediately began to gently fall back down, being pulled backwards. Upon touching down on the floor, I bounced back up. This was comparable to when a balloon falls and hits the floor, springs back up, falls again, and then bounces up again. I was only able to remain standing on the floor after repeating this process several times.

Suddenly it became difficult to breathe, and I tried to go back to my body (*M.R.: wrong action*), but was somehow unable to. At first panic arose, but then I realized that giving

in to the fear would do me no good, and that I would have to stick it out. But as soon as I calmed down and relaxed (*M.R.: no maintaining*), I had a foul (*M.R.: no re-entering*). All of the above sensations lasted for about a minute.

Matthias Holzer
Vienna, Austria

March 13th, 2001 - This was my first OBE. There were two experiences with the "vibrational state" before, but I didn't have the guts to go through with it since at the time I believed the essential soul would leave the body, which could be dangerous. Nevertheless, this time I decided to do it for real. I was 20 years old at the time. I awoke at five o'clock in the morning, but felt very tired and knew that I'd fall asleep again as soon as I lie down. As soon as I relaxed the vibrational state set in, my body felt paralyzed like it was asleep and I heard the roaring noise I already knew. The state seemed to be not very deep because as soon as I tried to move, I moved the physical body and awoke.

However I immediately started a second attempt, which worked. I waited a bit longer this time, suddenly my "body perception" changed and then I just carefully moved like I would get up in my physical body. The next moment I was standing up and knew I was out of body. I couldn't see very well, only a bit (*M.R.: no deepening and no plan of action*). I was curious if the "silver cord" I had read about really existed (*M.R.: wrong logic*). I felt for it and true enough, there it was, extending out of my astral back. I tried to look at my physical body on the bed, but I couldn't see it. Then I tried to look at myself, my astral body, and could see my left hand shimmering in a light purple color. At this point I decided to end the experience and got back into the bed in order to reenter my physical body (*M.R.: wrong action*). This didn't work at first, but there was no fear, my consciousness faded into a dream and I awoke about an hour later well rested and very satisfied.

Oleg Kudrin
Moscow, Russia

I woke up. It was still dark, I answered "nature's call", and I looked at my watch: 4:15 am. I got into bed and lay on my left side, closed my eyes, and... It felt like something was shining into my eyes. I realized that that was impossible: it was 4:15 am, and I was the only one awake. There was no-one else in the room besides my wife. Meanwhile, the light steadily intensified. I experienced some slight fear, mixed together with curiosity - what would happen next? And then the light became brighter and brighter, I felt I was in danger (*M.R.: no separation*). But at the same time, an instinct to investigate took the upper hand. I knew that something unusual was happening, but knew that all this was impossible - a bright light of an unknown nature piercing my eyes through closed eyelids! Then, the idea occurred on its own that they were coming to check on me. And after that - I'LL GO ALL THE WAY!

The next moment, I found myself in a small, rectangular room with subdued light. There were ledges along the wall that you could sit on (I figured they were benches). One wall had round portholes of about three feet wide. I looked through them and realized that I was in deep outer-space (*M.R.: no deepening and no plan of action*). There was an impressive construction outside the room that I was in. What I saw there could not exist in even the most fantastic environments on Earth. It was a lattice construction, but the elements had no logical structure and gave the appearance of a beehive. It seemed to be a dual tube construction of such colossal proportions that the diameter of only one of those tubes could be compared to the diameter of a stadium. Bustling and scurrying around the structure were small spacecraft, which appeared to be doing some kind of work.

"It's a docking portal" - sounded the answer in my head. I turned around, and in the far corner of the room sat a beautiful young woman dressed completely in Earthling fashion, wearing a skirt and jacket. Strange as it may be, she looked like a famous pop singer, although the similarity was incomplete. This woman was much more interesting than that artist.

I shall formulate the one question dogging me at the time as follows: "What is the emptiness that the Buddhist

masters speak of?" I framed that question to the good-looking person in the room with me. For some reason, I didn't come up with the idea of doing something else... Besides, I'm married. But my question was heard, and the answer followed ...

What I then experienced has no parallels in everyday life. Moreover, those feelings cannot be expressed in words - human language simply lacks the ability to communicate such concepts, but I'll try. It was as if I were turned inside-out. Everything outside of me turned out to be inside of me, including the stars, galaxies, and other worlds - in short, the entire material Universe. And this ALL was collapsed to such small proportions that it all could have fit into the eye of a needle. And I, being outside this material universe, was looking at it simultaneously from all sides, even though I do not have hundreds of millions of eyes. I was one large field encompassing the space around this compressed universe, and able to take it all in at once visually! I myself was endless, I had no boundaries in space or time. All around was stillness, and I myself was this stillness. Contemplating this universe brought the realization that through effort, I could turn into NOTHINGNESS. Next thought - but then there would be nothing to do the contemplating?

Then, I became like a funnel collecting in from the perimeters of my universe, whirling inside it, pulling all in deeper and deeper, until I lay on the bed as I had been after having "answered nature's call" (*M.R.: no re-entering*). This vision moved me so much that I already couldn't sleep, I just wanted to run outside and jump for joy and delight. I wanted to tell everyone about my experience, and simply share it - but I realized I would be taken for a schizophrenic.

And that's more or less how I lived from that point on, often recalling that vivid experience, and treasuring it in the depths of my soul. I dreamt nearly every day about having a similar experience again - until I discovered the indirect techniques.

**Roman Reutov
Samara, Russia**

Truly, the most interesting things almost always happen unexpectedly.

After a sufficiently long break in my attempts to go to the other world, tonight I decided to try it again. I threw in the towel after yet another unsuccessful attempt, rolled to my other side, and decided to simply get a good night's sleep. I do not know exactly how much time passed while I lay down and thought about what I was still doing wrong while observing interesting images that my imagination was drawing. But at one fine moment, I suddenly felt the phenomenon that is commonly referred to as vibrations. I started to intensify them (I should add that the feeling is indescribable), but I could not levitate, though I really wanted to take a look at myself from the outside. I decided to simply stand up, and that's when it all became most interesting! The entire process of transitioning from a horizontal position to a vertical one was accompanied by increasingly palpable vibrations and a louder and louder roaring sound in my head. The sensation was the same as that experienced after going to bed after not having slept for 24 hours and then being suddenly roused by somebody: my head spun, everything started crackling inside of it, and I was about to lose consciousness. Then, a flickering picture started to appear. It stabilized after one or two seconds, the roaring in my head died down, and I realized that I was sitting on my bed.

I was in my apartment, thought it was noticeably altered. My room seemed more or less the same, though the interior was indeed different upon detailed examination (*M.R.: no deepening*). For example, my mobile phone, which is always within a reach, was somehow an older and different model. It turned out to be the first object that I tested, as I suddenly wanted very much to find out what time it was and check which day of the month it was (*M.R.: no plan of action*). I distinctly felt the phone in my hand, but upon attempting to concentrate on and look at the display, I was thrown back into the reality.

I immediately climbed back out of my body and decided to simply pace around the apartment while trying to remember what I could experiment on. I tried to conjure an object, but that didn't work and resulted in some mental

activity. This caused the phase to fade and my being thrown back into reality. In total, there were about five successive entries into the phase that lasted for 2 to 3 minutes each. The experiences were not stable at all, which is why I was examining my surroundings in a hurry, always trying to get ahold of anything I could get my hand on. However, there were a good amount of impressions, considering that it was my first entry.

SPONTANEOUS EXPERIENCES

Sometimes a person does nothing to reach the phase or even knows nothing about it - but it nonetheless occurs spontaneously for him. This usually happens during relaxation, slumber, awakening, a dream episode, or the like. Analysis of mistakes in these accounts has been kept to a minimum in consideration of the fact that their authors lacked prior knowledge regarding the phase.

Jaime Munoz Lundquist Orange County, USA

My first out-of-body experience was very dramatic. I fell asleep around 4-5am. I experienced a sensation all over my body, I was in a meditative state of sleep, but at the same time I was aware of what was going on with me. I had this feeling of a tingling sensation all over my body followed by paralysis.

Suddenly I found myself levitating from the bed and wound up in a standing position. I got very scared and started praying, asking the lord to protect me. Then I got back into my body, quick like a flash. When I woke up I had this feeling like I needed to understand what just happened to me. I did some research and I was told that you can travel places, and go to the moon so I couldn't wait to try again. That day, I was feeling so good with myself, I felt I have discovered something new and exciting!

Oksana Ryabova Moscow, Russia

I seemed to me that my deep morning slumber had been interrupted by the discomfort and mild pain of numbness in my left arm, which my head had been lying on while I slept. The desire arose within me to get rid of that discomfort. I moved my numb arm in front of me and opened my eyes. But I couldn't see the physical arm in front of me, even though I clearly felt it there and could curl and uncurl my five fingers and bend the arm at the elbow. This all made me somewhat confused. I clearly understood that something like this could not happen in the normal physical world. I decided that this was a very realistic dream, and that in order to wake up, I would simply need to close my eyes and strain my brain with the desire to awaken. That thought was followed by action. I opened my eyes shortly thereafter, thinking that I had finally woken up.

Before me was the daily reality that I always observe upon awakening: a large window through which sunlight pours onto my bed in the center of the room, a desk and chair, a bookcase of academic literature, and a wardrobe with clothing in it. Just like always. I decided to spend this weekday-off (I had a lot of days off that week) getting calm, easy rest.

I sat up Indian-style in bed with my elbows on my knees. I squinted, enjoying the rays of May sun massaging my face. It was warm, and the air was fresh. And I felt a sense of peace pour through my body like a sort of unearthly sweet nectar. I turned to look around. And suddenly, that state of relaxation abruptly changed into cold and shivering, the sense of peace transformed into terrible fear - my body was lying behind me! Panic. I glanced at those hands in front of me that I could feel but not see. They were lying peacefully on the bed alongside my body. I touched them and felt their velvety skin, yet not feeling the sensation with my physical hands. I tried to return to my body. I lay down into it, closed my eyes, straining in an attempt to wake up. I opened my eyes and got up, but the body was still lying there. Fear, otherworldly mortal fear. Tears. Perplexity. Incomprehension. The question, "what next?" And all around me was that bright and sunny day.

I became more and more afraid. The desire to leave that state grew exponentially. All of my attempts to return to my body brought no result. Frightened and scared, I sat on the bed like a figurine. Suddenly, out of the silence, I heard steps in the room. But I couldn't see anybody. The fear grew worse and worse. I began to scream at that invisible man wandering in my room, bidding him to stay away from me. I then asked the question, "Who is he and what does he want here, and why can't I see him?" I got an answer: "Don't be afraid, this is all normal". He appeared a moment later, standing beside my bed. He was about 6 feet tall and a little over 30 years old, with a stocky muscular physique. His hair was dirty-blond and cut short, his eyes were gray-blue. He was wearing only a black bathing suit. Around his neck was a thick gold chain. He began to explain something to me about a certain city, calling it a transfer point. Then he said that many go through such a state and that it was a normal thing. He took my hand and said, "let's go." A moment later, we found ourselves on some sort of old-town street. The house that we stood in front of had a blue rectangle on its corner with the name of the street and house number. I was easily able to read everything, and was surprised at what I saw.

We stood almost naked in the middle of the street, but passersby paid us no attention. I realized that they didn't see us. I didn't stop looking around, shocked and scared by what was happening. My head was filled with what was at the time a terrible question: how to return?

The young man abruptly ran towards the corner of the house in front of us. Entering through its wall, he said that it was time for him to return, as his friend was due to arrive. He disappeared. I stood in same place for some time, watching people pass me by. I didn't know how to get back to my room, because the place from which we entered the street turned out to be a wall. What a bad break, how was I to go through the wall? I closed my eyes thought about my room, and recited, "whatever will be, will be," stepped forward, and found myself on my bed.

Sweeping my eyes over the room, I discovered that nothing had changed in it. The sun shone into it just as it had before. Breathing in a sigh of relief and closing my eyes in

great hope that I would wake up, I rushed to open them. To my horror, I instead found a table with medical instruments on my bed. Waves of fear swept over my body with renewed intensity. I gulped that I would not make it through if they put me under the knife. I closed my eyes once again, and started to pray. The fear gradually receded, I calmed down..... and finally woke up. The first thing that I did was to make sure that the table with the medical instruments was not there. I jumped up and started knocking on the dresser, the wall, and on the window in order to make sure that it really was all over.

Andre Sanchez
theandresanchez@gmail.com

I was in my bed and I noticed two plastic objects in my right hand. I thought it was weird for them to be there so I got up and threw them on the floor. The first one did not make any kind of sound. The second did, likely because I started expecting it after noticing that the first one didn't. I thought it was odd so I went to the light switch near the door and tried turning the light on. It didn't work. I had two thoughts: "very strange... could I be in 'the phase'?"; and, "did the power go out?"

I left the room and went into the hallway, walking towards the living room, but it was very dark (which would be normal if the power had gone out during the night). I was thinking about how this was all somewhat odd, but felt too "real". I started to worry and tried calming myself down by thinking that if something really strange and/or scary happened, I could be sure I was in the phase, and shouldn't worry. I vaguely remember a weak yellow-greenish light starting to appear from the living room, but I did not see anything.

Dmitry Markov
Moscow, Russia

My first time was the most terrible event in my life. I had never experienced such terror. It happened in December, 1990. I was falling asleep in my bed at home. Suddenly, I heard someone enter my room, but I did not pay attention to

the "intruder". Then, two female hands grabbed me from behind, and while pressing my belly, started to lift my body up. I distinctly felt thin fingers with long nails on my belly, but was completely paralyzed and absolutely unable move any part of my body or put up any kind of resistance. I felt my body go through the ceiling, but then was pulled still higher and higher.

I got scared that this could be death. I was afraid not so much of death as of the unknown. All of this happened so swiftly that I found myself unprepared for such a crossover. I started to pray. I asked God to help me free myself and go back. I panicked. I can't say how many seconds my forced levitation lasted or how high I was lifted above my house, but the moment came when I instantly returned to my bed.

April L. Alston
Raleigh, USA

I had my first OBE experience by accident. After my morning workout at the gym, I felt exhausted and came home to my dorm for a nap. When I was awaking from the dream, I felt a tri-location of myself. I was aware and could feel everything in my dream, and I could also feel everything in my body lying on the bed. I also felt a third consciousness falling through the bed. My third one was what I believed to be an OBE to the "real-time zone (RTZ)". My energy body felt like it was separating from my physical body by falling through the bed. This happened by accident.

I felt like I no longer had a body, but that I was a floating sphere of consciousness. I could sense things 360 degrees around me but I couldn't see with my eyes because I had no eyes. I could perceive where things were around me though. I had an intense burning sensation in my head and the more I tried to focus my awareness into the astral body, the more the pain worsened. Eventually, I woke up from the experience. I kept lying still and tried to reenter the trance but I was unsuccessful.

Tatyana Kiseleva
Vancouver, Canada

That particular evening, I finally decided to deal with the outside noise that had ruined a few previous attempts and got myself a set of nice, bright orange ear plugs.

I plugged my ears and went to bed with an intention to wake up in the morning and practice the deferred method. Also, just before going to bed, I read a few forum posts on Michael's website about people's first experiences. All of this led to the following:

I woke up in the middle of the night because of a very loud "thump" I heard somewhere in the building. I was sitting in my bed, thinking that the thump must have been really loud because I could hear it perfectly even with my ears being plugged. I decided to go to the front door and peek into a peep hole in hopes of seeing what was going on. I heard the loud "thump" again. It sounded a bit scary. I lowered my feet to the floor, stood up and walked out of my bedroom towards the front door. I could feel the cold floor with my bare feet. As I was approaching the front door and could see the bright peep hole in the darkness, it hit me: "I am in the Phase!"

I did not believe myself. "I did not do any techniques", I thought, doubting.

So I decided to test if it was indeed a phase. I lifted both of my feet up - that made me 'sitting' in the air - then I grabbed, with my right hand, the edge of a sliding door of a closet and pushed against the door with my both legs. I flew backwards, all the way to the other side of my living room, really surprised that I was still feeling my hand holding the closet door! My arm must have stretched like 10 feet (*M.R.: no deepening and no plan of action!*)

I was floating right by my fireplace, seeing both of my feet in the air in my pajama pants. And I still did not believe that I was in the phase, so I decided to fly up, but I could not push against the floor because my feet were in the air. So I concluded that it's not the phase (*M.R.: wrong logic*) and I decided to go back to sleep.

At that moment I found myself sitting on my bed, again realizing that my plugged ears were bothering me tremendously, and so I took the plugs out. However, a second later I realized that my ears were still plugged. "Hmm", I thought, "that's weird. I just took the plugs out, didn't I?"

And that's when I realized I was lying in my bed and feeling my real ears. I jumped in excitement, as I realized what had just happened. It was my first real out-of-body experience, although I did not believe it! I was 100% aware of the experience, but I was about 90% conscious, otherwise I would clearly know that I was indeed out-of-body.

I took a notepad and as I was writing everything down, I vividly remembered the vibrations that I felt before leaving the body. It was exactly as they are usually described - like being electrocuted without pain.

**Joshua Rachels
Belleville, USA**

I found myself struggling to fall into a full sleep, with what felt like "naps" and the last recognizable time occurring in reality was at 4:30 a.m.

I had once again rested my head back down and what felt like almost immediately after doing so the next thing I was "aware" of is that I am in a field walking toward what I had recognized as an old comic shop I used to visit. Not having any notion as to how I may have gotten there, I remember staring at the ground of the field beneath my feet and questioned if I had been dreaming. I then tried jumping as high as I possibly could, which initiated a leap several feet high and long, cueing the realization that I was in fact dreaming.

Now this is where things get a little broken (sequence-wise) for me, so please bear with me:

The next thing I recall is being inside of the building I was heading towards in what I was told was a rehabilitation center. Everyone around me was dressed in white. None of the faces were completely recognizable except for two: a good friend of mine named Dan and a women with no name (in the phase I referred to her as "the one I love") and even the woman's face blended back and forth between what I can only describe as a mix between Natalie Portman and one of my ex-girlfriends.

I remember Dan leaning against a doorway next to me while I was staring into a mirror (I could see myself, but my hand kept touching my face as it was blurred - the only

visible portion was my white clothes and hair) as he began answering what I can only assume was my subconscious question of why I was there and for how long. I told him I could not remember how I got there or why I was there and I remember his response as clear as day:

Dan: "Do you know why you're here man?"

Me: "I can't even tell you how I got here. Marijuana?"
(keep in mind I was in a "rehab center")

Dan: "Haha - you can't remember? That's probably why you're here in the first place. You're here for like a month dude. Go check the schedule."

At this point I believe my subconscious began to panic about possibly becoming stuck, because time in the phase seemed to begin to narrow. People began crowding me around the "schedule". I remember specifically an African-American man shouting beside me, "who's Josh, who's Josh!" soon after leading me outward toward the front door where "the one I love" had been leaning, gesturing me to come closer.

I then remember walking with "the one I love" when she began crying, begging me not to wake up, screaming that we could be happy there together if I stayed. During this tantrum, chains developed on her arms and legs and I began to feel heavy.

I then began thinking of my family, my mother specifically and thoughts of getting stuck in a coma, which I do believe led to my subconscious to panic further because time seemed to narrow even further.

"The one I love" then led me into a back room and well, not to get vulgar, but we began having sex and right before my "orgasm" she started screaming at me not to go, at which point I felt myself being pulled away - and in fact I was being pulled away.

Now here's what really blew my mind about the whole experience: I then awoke to daylight and rushed out of my room to find my mother and stepdad standing in the living room. I began explaining my experience to them both. However, my stepdad began pre-guessing my whole experience dead on, which I questioned. I then took out my phone and noticed there were scratches and dents all over it.

I handed my phone to my mom to look at the damage and as she hit the back light button I WOKE UP!!

I shot up almost immediately after opening my eyes, it was still dark outside I looked at the time..5:17 a.m.

CHAPTER 2. FULL-FLEDGED TRAVELS IN THE PHASE

Here we will concentrate not on the fact of out-of-body experience itself, but on the activities carried out during it: translocation within the phase space and controlling it, finding objects, and experimentation.

These practitioners occasionally apply their out-of-body experience towards some goal or another, and these experiences are on a wholly other level than simply appearing in the phase. The phase travels introduced here exhibit a greater degree of skill - and in some cases luck - than those of the first section. This, however, does not save the practitioners from making a slew of mistakes, which often prevent them from experiencing maximum success. Analyzing these mistakes will allow the reader to avoid them in his own practice.

Rudolph The Rocky Mountains, USA

I was moving when I woke up, and I tried various positions for FFA (forced falling asleep) and they did not work so finally I lay out flat on my back and began going through the relaxation routines and then when it felt right I started the brain squeeze, phantom wiggle, listening in, etc.

Within three to five minutes I found myself immediately in a phase. I was at a mall. I decided to get up from the bench I was sitting on and go to the men's room (*M.R.: no deepening and no plan of action*). As I was walking I noticed as the tiles on the wall started changing from a dingy white to a sparkling, bright white and black checkerboard. My feet dissolved and I floated up a few feet and began float-flying. I went past a rounded wall and thought, "there should be a chocolate shop behind this wall". But as I started to go through it I stopped and thought I wanted to get out of there and do something better.

I went to the front entryway and it was a fine piece of architecture with shiny marble reaching to much higher heights than would be expected for a mall. I was floating up

to the top but gave up and just went through the wall to the outside. I had tunnel vision so I started doing my Qi Gong and then "Clarity Now!" exclamations and my vision improved. I then remembered my 'to do' list and began flying off into the clouds (this time was a Sufi level of Heaven). I reached a place of orangey, creamsicle like clouds and there was a black speck sort of shaped like the Polo logo guy in the middle of it and I thought, "that's me".

Nothing else was happening, so I came back to my body (*M.R.: wrong action*) and started writing it down.

Rudolph The Rocky Mountains, USA

I think I may have had three very long OBEs last night. I woke up around 3:45am and began the brain squeeze and then phantom wiggling and suddenly it was as if I had projected into the phase. I spent a long time with my brothers enjoying a nice visit. Then, I landed back in my body. I was thinking about getting up to write it down but I wanted to project again and I did. It only takes a few seconds once I have managed the first exit. I immediately landed back in the exact same place with my brothers as though nothing had changed (*M.R.: no deepening*). We were doing a project together but I told them I had other things to do and that I was going to take off alone (*M.R.: wrong action*). They nodded to me and I turned to run and then began flying.

I went to a large building and interacted with some attractive women (*M.R.: no plan of action*) for a while but local security came to stop me and I flew up to an upstairs room (*M.R.: wrong action*) and I wanted to fly through a window but it felt very real -- so real I wondered if I would be able to go through it. I affirmed to myself that I was OBE but slowed down as I approached it and then flew through with no trouble.

Then I went to a room with a large table where men were gathered and talking. It felt like an exclusive club of sorts. There was a banquet laid out with delicious food prepared in ways I had never seen before and I dove in and was having a great time. I was conversing with a couple guys and I mentioned that I was OBE and that I had a body far

away in another state. They just looked at me with blank stares and one quickly looked down and walked away. Then I began speaking with the man across the table from me and he mentioned something that reminded me of one of my "Action Plan" items. I told him what I wanted to do and he motioned to a woman standing behind me and I could hear her talking to someone. He said, "Well then, she is the one you should talk to". I turned around and tried to introduce myself but landed back in my body (*M.R.: no maintaining*). I made the decision to leave the journal aside and project again, hoping that I would remember all this in the morning.

I projected again and arrived immediately at a busy street corner. I asked someone if he knew how I could find this woman I had been directed to in the prior OBE and he pointed her out in the crowd. I went over to her and we sat down on the curb and began speaking and she gave me a nickname that I could call her and it wasn't until after I had gotten up and was having coffee that I laughed and made the connection to something I had journaled on a few days ago.

My alarm went off and I got up... otherwise I think I could have gone on for another hour or more.

Jorge Antonio Becerra Perea Hidalgo, México

After waking up around 8:00 AM (on a holiday, of course), I had breakfast and went back to sleep. Then, after having an extremely weird dream, I managed to awaken without movement. I immediately tried to separate by rolling, and failed. Then I tried forced falling asleep (FFA) followed by phantom wiggling, but this time I tried to move my legs slowly and feel the movement. Suddenly, I noticed that I was already standing next to my bed, but with my blanket still over my body. After taking it off, I started to deepen in the phase, touching and peering at everything, and immediately after feeling myself in a hyper-realistic environment, I started to explore my own house (*M.R.: no plan of action*).

The time was changing constantly between day and night, and in the next room I found my uncle, watching TV. I was so excited about the phase and so curious that I tried to explain to him that everything was non-physical, just to

watch his reactions. He said I was crazy, ignored me and continued watching the TV. Then I threw the TV through the window and continued to the next room.

Suddenly, I came back to my body (*M.R.: no maintaining*) and started the separation again. I separated again in my room. This time, it was night. I started to call a woman I was looking for by name, but I started to have problems with my voice, so I decided to trans-locate to my school. I closed my eyes, and imagined the place. Suddenly I started to feel a sensation of flight, and after opening my eyes I was already there. The place was pretty different than in reality, but I enjoyed it a lot more than if it were as usual. I spent a lot of in-phase time looking for that woman, asking people, calling her name, with no results.

In the end, I lost consciousness and fell into a normal dream. Anyways, it was a wonderful experience.

Jorge Antonio Becerra Perea Hidalgo, México

I got conscious during a dream when I was about to go upstairs at home, just after a false awakening. The stairs were so freaking scrambled that I immediately got lucid. Suddenly, the phase faded out, and before I could realize what was happening, I went back to the dream. I appeared in the middle of a huge street (*M.R.: no deepening*). I didn't have any plan, because I was not expecting this experience, and so instead of thinking about it I decided to explore running and jumping between cars and buildings in a kind of extreme parkour style.

It had been one of the most vivid and fun phase experiences I have ever had. I have no words to describe the feeling of complete freedom I had at those moments. After exploring half of the entire city (I was running really fast) I started to have some serious problems with the phase stability, and so I decided to awaken by myself before falling into a normal dream and losing the precious memories of this experience (*M.R.: wrong logic*).

Jorge Antonio Becerra Perea Hidalgo, México

Everything started as a normal dream. In my dream, I was trying to fall sleep in my bed, with no success. Suddenly, I started to hear strange and loud noises outside, so I turned my head to the window in order to see what the heck was happening, and what I saw really scared me.

There was a UFO flying through the city, as if it were looking for people to abduct. It stopped right over my house. I closed my eyes and pretended to be asleep. Suddenly, I awakened, with absolutely zero movement, and I had the idea of trying the abduction method or the fear method. I started to recall the fear I was having a few seconds earlier and also tried to imagine the abduction. Sounds and vibrations started to arise and I immediately tried to separate by just standing up.

It worked.

After deepening by palpation, I noticed that three of my best friends were with me. They were watching TV. It's funny that although my native language is Spanish, the TV program was narrated in English, and I could understand everything.

Then I moved into the living room, and, following my action plan, I tried to translocate to London. I had a lot of problems with translocation this time. I started to visualize Big Ben in front of me, and while the image was forming behind my eyelids, it stopped and the tower morphed into a weird Japanese building.

A lot of samurai soldiers started to jump out of the building in order to attack me. I thought that it was because I was losing lucidity, so I used peering to deepen the phase, closed my eyes, and suddenly the image of a switch appeared before them.

I focused my attention on the light switch, and while translocating I tried to visualize London, but I ended up in a kind of formal meeting on the coast.

Now I realize that I was at The Hague, Holland. I tried to do an experiment. I took out my iPod Touch and suddenly it morphed into my cellphone. I took a look to the screen and the only thing I was able to see were strange symbols. Then, I walked through the crowd of people. My father came and asked me what I was looking for. I told him that I was looking for a person very important to me. I kept looking for Victoria

(that's her name) with no luck, and suddenly the phase vanished. Once back in my body, I separated again. One of my friends was still in my room.

I translocated myself to my school, and I suffered such a loss of lucidity that I entered my classroom, sat in my desk, and paid attention to the class lesson. Suddenly, I stood up and said to myself "WHAT THE HELL ARE YOU DOING!?" I left the classroom, did some deepening, and threw my backpack away. A friend came up to me and said, "hey, your backpack!" I told him, "you can have it".

I can't remember what happened next. I probably fell asleep (*M.R.: no maintaining*). The next thing I remember is that I was at a car-wash station. I had a bottle in my hands and started to experiment with it. I poured the bottle onto the floor while trying to feel the bottle still filled up with water. As a result, I had a bottomless bottle in my hands...

**April L. Alston
Raleigh, USA**

I was sleeping, minding my business in a dream one day, when all of a sudden lots of ninjas started attacking me throwing knives at me. I deflected one of the knives and then I realized I was dreaming. Now lucid, I began flying around and deflecting knives, having fun (*M.R.: no deepening*). I didn't have time to experiment in the astral plane because I was busy deflecting knives. More and more ninjas started attacking me. When I ran away and came to an opening outside (*M.R.: no plan of action*), a large army of ninjas stared me down, and I knew there were too many. I started shooting ice balls out of my hands in a flowing motion as I began to freeze the entire army of ninjas. As I was freezing them, I felt a sharp pain pierce my back. I had been stabbed by a sword. The fun was over. I forced myself to wake up (*M.R.: wrong action*).

After awakening, my boyfriend called me. Before saying hello, he said, "April, please go back to sleep so I can take my sword out of your back." I told him about my dream, and he said that he sent the ninjas into my dream to distract me so that he could put a sword blade into my back to test my

intentions regarding him. This proves to me that the movie, *Inception*, is VERY POSSIBLE!

**Tatyana Kiseleva
Vancouver, Canada**

Deferred method. About 7 AM. Ears plugged, wearing a mask. Trying to do the techniques: phantom wiggling, observing images, listening in. Nothing is working. I feel too awake but I am still trying and alternating each technique with forced falling asleep.

At certain point I realize that I am still in my bed watching TV. I have a TV set in my bedroom but not this one and at a different spot. The TV that I see is my old one and now is at my mom's house.

As soon as I see this I realize that I am in the phase. I am looking at the screen and thinking about my plan (*M.R.: no deepening*). Now, one of the items on my 'phase to-do list' is to find out what happened to my dad who disappeared a long time ago and I don't even know if he is alive or not. So on TV I see a person walking away. The person looks like one of the singers my dad liked very much and also resembled a lot. So I start calling him, dad, dad. The person on the screen turns his head and start transforming into my father and I feel the sensation of being pulled into this picture. In a second he and I are standing in front of each other in the middle of my bedroom. He is wearing a cap and a light colored jacket with a yellow sweater sticking out of the jacket. Later I asked my mom if he ever wore anything like that. She said no, however she mentioned that this description matched more my dad's brother, my uncle, who I never met. So I am hugging my dad and telling him that I am so happy to see him and starting to explain that I learned to leave my body. No dialog, however, took place. He was there but that was it, he wasn't responding, wasn't doing anything and finally he disappeared.

Then I remember looking at myself in the mirror, there was me exactly as I was at that time in reality, in a t-shirt and pajama pants.

I remembered that I need to do deepening techniques, but first I decided to find a pen and notepad and write

everything down, right there in the phase, so I won't forget. I found a notepad (I have it in reality) and a thick red pen (don't have it in reality). Now, because I was wearing a sleep-mask, in the phase I sometimes had normal vision, and sometimes my sight was blocked by the mask. So as soon as I was all set to write everything down, I realized that my sleep-mask was blocking my vision. I started to pull it off my face thinking that I should not open my eyes because I might wake up... and bingo, I woke up (*M.R.: no re-entering*).

**Tatyana Kiseleva
Vancouver, Canada**

I am in LA right now, participating in an experiment at the Phase Research Center that Mike is leading.

Today's assignment was: using the differed method and cycles of indirect techniques, roll (or levitate, or climb) out of the body and meet the aliens that are waiting for us there (this was a goal for this experiment).

Again, I woke up a bit disappointed because it was time to get ready for our second session and none of the techniques worked. I was in my LA hotel room. It looked different from how my room looks in reality but I guess in my mind it was just a different room (not my bedroom at home), so I was not really paying attention to the fact that the main door and windows had switched places, it was much lighter in color and overall amount of light in the room, there were some staff around, a camera that I don't have, and knickknacks everywhere.

So I started becoming aware when I was in the shower and noticed that the water drops on the shower walls were dark in color. I decided to stop showering and then when I was back in the room, getting ready, everything felt so real that I don't even know why I decided to check if it was the phase.

Imagine it yourself: yesterday you went to bed, then you woke up this morning, showered, got ready, did this, did that and then decided to check if it was the phase - and it turned out that IT IS (!)

So I decided just for the heck of it to test if it might be the phase by "breathing with the nose pinched" technique and

of course it did not work at first, because I had been doing it with the "how can it be the phase, everything is so real" thought. But I kept trying and after a third attempt air got out from somewhere behind my ears and I happily confirmed for myself that I was totally in the phase.

I felt very happy. I started rising in the air and flew in a couple of circles under the ceiling. Then, I felt the need to deepen and I really focused on that. I looked a few times at my palms. I looked at myself and noticed I was wearing a towel wrapped around me. Then I started touching everything in the room. I took a camera and put it on the floor, thinking that I will check later it it's going to be on the floor in reality. (don't know what had gotten into me, that's a pointless test, I guess I just remembered someone doing this once) At first it felt that my hands were numb, but as I was touching everything I got back my sense of touch.

Since perception was back to 100%, it was time to go look for aliens. They were not in the room. I looked outside of the hotel window and saw some road with huge fallen branches on it, a chain-link fence and some greenery and trees behind it. Aliens were not there either. So I decided to get into the corridor, I opened the door, it was really dark inside, even the light from the room could not penetrate it. I thought, aliens must be there, so I stepped into the darkness... At least 3 tiny hands touched my shoulder... I totally freaked and woke up... (M.R.: no re-entering)

**Craig P.
Los Angeles, USA**

I took a nap from 10:40 am to 11:20 am. I tried to fall asleep so I could practice upon awakening. I was having difficulties in falling asleep so I thought nothing was going to happen. After awhile I must have fallen asleep as I noticed a floating type of sensation. I then decided to separate however I felt like nothing was happening. Then I noticed I was looking down at some drinking glasses that are on the top shelf. I realized I was out of the body.

Things were not very clear so I tried to start looking at objects and feeling them. I told myself to go see aliens. The next scene I was near a mountain in a clearing with trees

around it. There was a space ship. There were two aliens with helmets on. They also had a type of robot with them. It was about 7 ft tall and was silver in color. The aliens did not appear to be friendly. When the alarm went off I felt like I was 100 miles away and it was difficult to come back to the physical body.

**Bo
Antwerp, Belgium**

I entered the phase this morning. More or less like the previous times, only this time I rolled deliberately over to the other side of the bed. I came down on the floor, which became visible when I opened my eyes.

I touched the sheets. Everything turned very real and I thought to myself, "where am I" because I was so overwhelmed by the vividness.

The light was dim and I asked for more light but it didn't change. The room was a combination of our room now and my room when I was a child.

I pinched my nose and blocked my airways but I could breathe normal. I stood up and went to the door (M.R.: no plan of action). I opened it. It was dark outside. Then I saw that there was a drawing on the outside of the door. It was a little figure and when I looked more closely it began to move his head.

I wanted to touch it, but I felt paralyzed. My arms felt very heavy. Once I had almost touched it, I woke up (M.R.: no re-entering).

**Bo
Antwerp, Belgium**

This morning I had a difficult phase entrance. Without feeling much -nearly no vibrations- I tumbled out of bed. It was very dark and my consciousness was unstable. I made several weird movements, still half unconscious. After a few moments I ended up sitting against the bed (M.R.: no deepening). It was still dark, but consciousness was better and I spoke to myself, saying something about *the envelope*.

I crawled on my hands and knees to the other side of the bed where my bedside table was. Everything looked

realistic and *the envelope* was in its place. I picked it up and felt that there was something small and thick in it. I ripped it open and in it was a shiny packaging of a cookie or something like that.

I opened it and found that it was a chocolate. I bit into it and it was delicious. It had coconut in it.

As I was chewing on the chocolate, I closed my eyes for a moment to concentrate on its taste. The taste remained the same and there was of course my smacking, but I felt pressure in my head, which was building up. I opened my eyes again and the pressure disappeared.

I now came across a little dilemma. Should I eat the whole chocolate, or should I start my mission of translocation? I decided to do the latter and threw the chocolate away.

I stood up and started running with eyes closed. The running didn't feel natural but I was moving anyway. I felt no walls, no resistance of any kind.

Because of the closed eyes, I again felt a foul coming so I opened my eyes - but everything remained very dark and I was afraid of losing it.

Normally, my experience would have ended there. Instead of giving up, I kept running and opened my eyes as wide as I could.

This apparently helped, because suddenly a light appeared at the end of some tunnel (no NDE tunnel). When I came out of the tunnel I was filled with joy!

I saw a blue ocean with big waves striking against the rocks. I was on a road hugging a beautiful rocky coastline. The sight was magnificent.

I was on a bus or something - I saw trucks on the road that had problems because of the big waves. Shortly after this I woke up (*M.R.: no maintaining*).

Note:

When I was running in order to translocate, I didn't think of a particular location. A few days ago I fantasized about where I would translocate. In my fantasy, I would end up in a 17th century sailing ship on the blue ocean.

Jason

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New York, USA

I woke up not trying to move but that was unsuccessful. I decided to try some cycles anyway and began with phantom wiggling. To my surprise I felt my body go into sleep paralysis and get numb (*M.R.: no separation*). Then I switched to listening in, but then I decided to try and separate by rolling over. There was resistance, but it ended up working and I stood up. I was skeptical as to whether I was really in the phase, even though I have had lots of experiences before. I guess it was because the transition between waking and dreaming never felt so conscious and self-induced before. Not to mention that it only took about one minute.

I hear my mother in the kitchen. I did a reality check by trying to put my right index finger through my left palm. It was a struggle, but it worked - so I know I am in the phase. I walk out into the kitchen and my mother says good morning, I give her a kiss on the cheek and continue down the hallway (*M.R.: no plan of action*). I touch the walls as I am walking to stabilize the experience, even though I don't need to. It's pretty dark inside the house but I can see that it is sunny outside. I am in my shirt and boxers, although normally I just go outside and clothes appear on me without me noticing.

I open the front door and see all of the upstairs neighbors outside on the porch. I close the door back just to double check that I am phasing before I go outside in my boxers, I do the reality check and it works again, so I go outside. By this time the neighbors were going upstairs. It is indeed sunny outside and there is a little kid outside sort of nagging me, but I ignore him. I half-heartedly try to create a portal and teleport by going through the floor but neither of those work. I walk down the block and I try this hopping thing that I read about to get around faster, but I don't like it. I fly upwards and don't have much control... I keep going higher and higher and have to grab on to these power lines to prevent me from leaving the atmosphere.

It was a long phase and for some reason I lost a chunk of memory here (*M.R.: no maintaining*). I don't remember where I landed, I remember bits and pieces but my memory kicks in when I am in a department store and I see a guy that looks familiar. I ask him, "don't I know you?" He shakes his

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head "no" and keeps walking. He looks suspicious so I keep an eye on him. He meets with another guy and he points at me and they start running after me. I duck behind some people as they run by and I go the other way. I go out of an emergency exit expecting the alarm to sound, but it doesn't. There are two locked gates leading to stairs that go to the roof. I melt through both gates and go to the roof. I fly away and they come out and start flying after me. I use mental energy to fly faster but it isn't enough. We battle for a while, and then I end up in a portal inside some sort of spaceship.

I am driving it through these tunnels that remind me of *the Matrix*. I crash into the walls a little but for the most part I am good. I pull up into the place that these tunnels lead to. This part is boring so I will skip it.

I walk out of this building and I am in a cityscape full of people. I walk down this block and my vision gets sort of different, almost movie like. I walk in this hotel lobby and people are sitting around. I decide to look for someone to have sex with to end the experience because I want to remember everything. All of the females around are either not attractive or too young. I look back at the hotel door and there is a lady looking at me but she turns away quickly. I was curious why she was looking at me and who she was so I go outside. She is kind of in a panic running towards a black van. I run after her and pull open the door before they pull off. There is a guy in the driver's seat and she is crying in the passenger's seat. She said that when my friend got his promotion (from the boring part of the experience I skipped earlier) she was forced to set him up and that this is the guy that made her do it. I started punching him in the phase and this caused me to lose my proper frame of mind to maintain and I woke up (*M.R.: no re-entering*).

Jason
New York, USA

I wake up to slight consciousness and I'm unsure if I have moved or not. My first thought is to go back to sleep, but then I decide to try to enter the phase. I apply forced falling asleep and immediately start to feel vibrations. They fluctuate between strong and mild and I start to feel them

subside. I then remember what I always tell myself: if I get vibrations, then I'm already in the phase. So I try to roll out of my body... There is resistance, but I am able to do it.

I stand up in my current apartment and it is completely dark. As I am walking to the front door, I try to put my right index finger through my left palm to make sure I am in the phase. It works, and so I open the door to the hallway but it looks nothing like my actual hall. It is still very dim and there is another gentleman there. I point to different areas and say the word "lights", and sure enough, one-by-one they come on. I keep touching things to engage the senses as I am walking. I walk into a room with a young boy in it and he is watching TV. I think about my plan of action and remember that I wanted to try the teleportation technique in SOBT. I had previously been teleporting by melting through the floor but it was unreliable and I would end up in darkness sometimes. I had read in *Exploring the World of Lucid Dreaming* that closing your eyes in a dream can cause you to wake up, but I figured that if Michael does it all the time then this isn't fact.

I ask the boy where should I go... to a football game? He says yes, but then I figure that since I have never actually been to a football game, I should go to a basketball game instead. I close my eyes and concentrate on where I wanted to go. I start to feel movement and even get the feeling you get when going down a huge drop on a rollercoaster. When the movement stops, I open my eyes. It has worked, and I am standing in the middle of an arena while a basketball game is going on. I take a step onto the court and immediately the referee blows the whistle to stop the game and get me off of the court. I go sit in the stands and began talking to one of the prettier girls. I don't remember what we were talking about, but after a short while she wants to exit the main arena and go towards the concession stands and bathrooms. You can guess where the rest of the experience went.

Matthias Holzer
Vienna, Austria

I had a lucid dream. It was a dream I have quite often: going home from work and realizing I'm missing my suitcase. As soon as I got home in my dream, sure enough my suitcase was standing there. I then became aware of a discontinuity: I remembered that I had punched the flextime clock at work when leaving, but the card for this was in my suitcase. How could I have done this if my suitcase was at home? This must be a dream! I became lucid, and as usual at this occasion I immediately woke up in my excitement. However, I instantly entered the vibrational state, which seemed very strong and stable. I tried the rolling out method and it worked perfectly.

As usual, I reached for the silver cord, but only felt something like mild electrical energy in my neck where the cord is usually located (*M.R.: no deepening*). First off, I decided to walk into my mother's room with whom I was living at the time (*M.R.: no plan of action*). I expected to see her in bed and for an instant I thought I'd see exactly this, her face on the pillow (I couldn't see very well however), but then I realized that she must have been in the living room since she always got up very early and must surely have been awake at this time - it must have been a reality fluctuation. Next, I looked into one of the mirrors in my mother's room, wondering what I would see. What I saw were several distinctly separated body parts of mine floating around - like a photograph of me had been cut into a jigsaw puzzle!

Then I looked at my hands, they started to melt until the stumps looked cut off, just like the picture in the mirror. Next I continued into the living room, looking for my mother, but I didn't see her. Now I decided that I finally had to leave my apartment, something I had never accomplished in all my years of OBEs. Without any difficulty I walked through the closed main door and out into the corridor. The light out there seemed to be on, but I realized that I was having some sort of tunnel vision, a very narrow field of view. I demanded more energy and better sight, but this didn't help much. As I walked down the corridor, physical reality disappeared more and more towards the end of the hallway (where in reality the door to my grandmother's apartment was located, where I wanted to go), there was just some kind of rectangular portal. Now only half conscious, I decided to return to my body and

end the experience because I didn't want to risk losing my memory of it (*M.R.: wrong logic*). That very instant, I awoke physically in my bed (*M.R.: no re-entering*).

Oleg Sushchenko
Moscow, Russia

Last night I spent about an hour developing the interplay of images in my mind after I no left felt any feeling of kinesthetic sense. I was lying on my back in an uncomfortable position. After sliding towards sleep for some time, I felt slight vibrations and echoes of sounds from the dream world, but the uncomfortable position still hindered me. In the end, I thought the heck with it, and decided to lie down however was comfortable, and turned over to lie on my stomach. Despite the fact that the movement upset the process, after about five minutes the state began to return and build up. I was able to get a little vibration this time, although I was unable to amplify it. I drew a picture of my kitchen in my mind, and because the images in that state were really vivid, strong, and realistic, after some time I understood that not only were my attention and awareness there, but so were my bodily sensations. I was quite surprised that the phase had been so easy to fall in to (there was no doubt that this was the phase).

I jumped out through the window and began to fly around the courtyard. Actually, it was the first time that I had flown only upon a single mental command, without any physical effort (*M.R.: no deepening and no plan of action*). The courtyard bore only 10% similarity to its real-life counterpart, but I was not at all surprised by this, and I simply enjoyed it as much as I could, as I was able see and was not immediately thrown out. But, after having looked at and taken in the city, the thought of whether or not this was the phase and not just a lucid dream occurred. I was so conscious in the dream that I was able to know about and comprehend such terms, and differentiate between them - can you imagine?! I have to add that I gave little attention to my memory, so I can't say how much of my "self-awareness" was there, but I was aware enough to be able to differentiate

between the phase and a lucid dream (or at least think about the difference).

I even went and asked people around if it was the phase or a lucid dream. Sounds funny, doesn't it? The funniest thing was that they answered that it was a different world, and they refused to discuss the topic any further with me. Then, I decided to not get my mind all mixed up and just go with the plot, which turned out to be quite long and uninterrupted! I recalled a moment from the day before how I had lain down and induced the phase while lying on my back, and how I had turned over and flown away. I recalled all this periodically during the course of the phase, and realized that I should try to ask about what had been going on with me on the forum later.

Then, later in the phase, I found myself in a basement. As there was just a really nasty smell there, I decided that I had already had enough and that it was time to go back. That happened even more easily, as soon as I thought about going back (*M.R.: wrong action*), a vibration as light as a breeze went through me and then I was back in my body with full awareness and a well-rested body and mind. I was completely refreshed! And that's despite the fact that I remember everything, every second of the dream, from the moment I started flying!

**Jaime Munoz Lundquist
Orange County, USA.**

I got up at 7 am, made coffee then I went back to bed around 7:30 am. I started relaxing and putting myself in a meditative state and doing the breathing techniques (from Michael Raduga's book) to induce myself into falling asleep. Suddenly I felt a jolt, right there and then I knew that it was the moment I have been waiting for to be aware of the phenomenon. I continue to relax, inhaling and exhaling. Suddenly, I got up from my bed, looked around, and proceeded to scan my bedroom. I then started to do the deepening technique that I had learned and was starting to apply: touching the walls, textures, rubbing the palms of my hands, looking at my arms, and saying to myself, "is this a dream, or am I out of my body?" (*M.R.: wrong logic*)

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The texture of the fabric of the thermo I was wearing was real, I touched the wall and it was solid (*M.R.: no plan of action*). I knew from hearing it that you can go through walls, but this didn't happen. I looked again around my room and suddenly everything turned green, like a forest-green color, even my thermo shirt. It was a very intense emerald-green color. Peaceful and yet so intense, I was fully aware of what was going on, and at the same time very excited.

I remembered that I needed to be very aggressive in my deepening technique, and so I continued touching everything in my surroundings and continued to rub my hands, touching my arms and trying to look at myself. I knew it was me. It was so real, it was awesome! I don't understand why, but I was thinking of my brother and out of nowhere, he appeared in my room. I didn't panic, I then proceeded to open the door in my bedroom and everything was so different. I was going downstairs and everything was still green around the house. It looked like an old 1920s house.

I continued going to the next level and saw 3 black dogs and their hair was illuminating like neon blue lights, it was incredible. I was thinking to myself, "okay, this is enough (*M.R.: wrong logic*) of the experience for right now," and went back to my body. When I woke up, I started to write down everything as I didn't want to forget anything, since I was told to document my experience and progress.

**Evaldas
Lithuania**

I was on my one-and-a-half week dry spell and I was not trying to get into the phase. But I broke my dry spell by becoming conscious within a dream. Once I understood that I was in the phase, I immediately tried to do deepening, but I failed and got thrown back into my body. Refusing to surrender, I somehow managed to reenter my phase - YAY! So, after successfully reentering my phase, I performed deepening and throughout all of the phase I did maintaining.

My plan was to talk with my subconscious and ask for my talents and a quick way to earn money. After summoning my dream character to talk with me, I started the conversation. It was a very strange conversation, because

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she kept asking non-related things which I can't remember. After finally asking the question I had wanted to ask, she answered, "Eating". She said this and nothing more after that. That's when my phase ended (*M.R.: no maintaining and re-entering*), after about 10 minutes of being in it.

Evaldas Lithuania

My break from the phase was still on, so I decided not to try indirect techniques. I found myself awake after about 6 hours of sleep but without using an alarm, although I ignored this and went to sleep again. Then, I had a conscious awakening and it already felt like I was in the phase. Indeed, a very strange feeling. I thought, "Well, I should try using a separation technique". And I did. It worked and I separated.

I was standing in my room, but my body was not in bed, so I started doubting if I was really in the phase, even though separation had felt very real. I immediately pinched my nose and I could breathe in through it. I rubbed my hands and touched everything around me. Once I felt that my phase had good quality, I started acting as planned. In the end, it was very nice phase experience , but I had forgotten to do maintaining and woke up after about 10 minutes.

Evaldas Lithuania

The alarm clock on my phone broke (don't ask how that happened), so lately I've been trying to wake up after 6 hours of sleep without any kind of device to help me. And I succeeded today. I woke up, went to the bathroom and went back to sleep. The thought of conscious awakening was going through my head as I drifted into a dream. I managed to exit that dream, and so I woke up without moving (*M.R.: no separation*). And then I had to face my biggest difficulty - loud noises (my family was up very early preparing to go to work and they were shouting for no good reason). I decided not to let this chance slip away and performed observing images. It worked immediately and there was no need to perform separation technique. I ended up in the phase.

After successfully entering the phase, I immediately performed deepening. I also performed mainitaing throughout the phase. My plan was to try shapeshifting and turn into a wolf. I tried imagining myself becoming one and started running on my hands and legs like a dog, but I failed, and so I tried again. After a few unsuccessful tries, I started hearing loud noises and thought that it was my parents, so I had to do something. I performed deepening, but to no end... I lost control and woke up. I tried to re-enter, but failed.

Shaun Minneapolis, USA

After awakening without moving, I begin indirect techniques. I am still very sleepy. In an "imagined movement" cycle I begin to feel very real sensations and lose all connection with my physical body. I am blind somewhere in the phase.

I rub my hands, arms, legs, and face until I get sight. Oddly, at first it is only imagined sight like in a normal dream, but it quickly becomes complete sight like in real life. The phase is still very weak, but I begin my plan of action. I should have deepened further through peering or other options, but didn't. I will pay for this shortly.

I am in my bedroom. My wife is there but, thankfully, no one else is. No strangers milling about like usual. Normally she isn't there. I'm still groggy so I begin to talk to her, but then remember my plan of action and go downstairs.

I walk through my living room on my way to the kitchen and touch the wall to change its color. It turns yellow, even though I had meant the walls to turn blue. I should have deepened since this was an indication I didn't have complete control. Instead, I continue into the kitchen.

There are two strangers in my kitchen at our breakfast nook. This isn't uncommon. They ignore me.

I open the refrigerator with the intention that a small vile of a liquid will be in it. This liquid will help deepen and lengthen the phase (I tell myself this to induce a placebo type effect). The fridge is full of food, but the only drinks are 7-Up and milk. We never have 7 Up. I close the refrigerator and open it again with the placebo intention. Once again, it is full

of food and the 7 Up and milk. I drink the 7 Up telling myself it is my "phase potion."

I should have deepened further once again since my lack of control over my refrigerator items and general groggy state showed a very weak phase.

I continue my plan of action by going outside to our garden. When I step outside, my vision goes away. I'd never lost vision before in the phase. I then begin rubbing my hands and try to deepen, but I am so groggy and the phase is so weak I am already close to exiting into sleep like I do all too often.

In the end I do restore vision, but now it isn't as realistic as it normally is. It is nowhere near real life.

I walk to one of my grapevines and make it grow out the full year's growth and produce ripe fruit. The fruit is very sickly looking and tasteless. This lack of control should have signaled me to deepen, but I continue on.

Suddenly, I'm not in my yard. I am in a random place with two people I know from my past. They are talking to me.

I have almost entirely lost lucidity and no longer have control over my phase. We are by a pool and one friend throws the other in. This is very dream-like and not very lucid, but I do have a little lucidity.

I do find a tree that looks like my chokecherry and it has mature fruit. I take a berry and eat it. Unlike the grapes, it tastes just like a chokecherry, which is to say it tastes very bitter and awful. I start spitting it out everywhere and thinking, "why would I taste this and not my grapes, this is awful, but my grapes are awesome!"

Then I return to my body. It is now 8 AM (*M.R.: no re-entering*). My memory of the entire experience is somewhat diminished. I am fairly certain I had slipped into a complete dream state somewhere in there because it didn't quite feel completely real like a normal phase experience should.

**Shaun
Minneapolis, USA**

I had a regular separation, but no vision. I felt around, but the furniture I felt wasn't my furniture. I thought it would

be cool to be in a mountain cabin, and when I gained vision I was in an unfamiliar mountain cabin. Again, I was alone.

It was completely real again, like my last experience. I was so excited I started running around (after doing deepening). I ran around the house exploring for a while until I was out breath (*M.R.: no plan of action*). Then, I was afraid that all the heavy breathing would wake me up.

This time, the thought of having a real body instantly made the phase experience weaken, so much so that I was afraid I would fall asleep. I began to deepen.

Then I saw a jug of a drink in the kitchen and told myself it would help me deepen.

It was the most delicious thing I've ever tasted. I've eaten and drunk in the phase before, and it always tasted like whatever I thought it would. I didn't have any expectations, only that of deepening. It was like a sweet carbonated drink, only without any bite. It was truly indescribable.

Strangely, the drink did deepen me back to complete realism, and I was so excited that I ran around exploring again. Then, once again, I became afraid of waking. This time, that thought brought me back to bed.

I attempted to separate, but then my wife called for me and so I got right up. After a few moments I realized that I was still in the phase. I actually only got up in the phase, but it took me a few moments to realize this. I was back in my house.

After some time in my house, I awoke in my bed for real, but quickly re-entered the phase into my house once more.

I was going to do a fourth reentry, but my real wife shook my arm during separation to get me up for the day, because it was well past the time I normally get up.

I'm not sure how long I had slept for before I entered the phase the first time. I do remember having a very vivid normal dream during that time. I may have also fallen asleep between phase experiences, but I still remember them being so real that I doubt it.

I got up for the day 1.5 hours after first waking up for the deferred method (the phase likely happened just in the last few minutes).

Alexander Lelekov
Saint Petersburg, Russia

When I'm dreaming I usually move by taking great leaps, much further than a kangaroo, about 100-300 yards. This happens regularly in my dreams, and I usually immediately realize that I'm in a dream. During one of the leaps, I realized while airborne that I was dreaming and also realized that I was able to land in a small dirty pond. As expected, I landed right in the pond and went deep under the water (*M.R.: no deepening*). And at that very moment, I found myself in the stencil, with my hands and head half stuck in it.

I got a little nervous that this attempt would also be unsuccessful, and so I immediately tried to separate from my body. I was unable to get my head or hands out, and for the first time I tried to turn around round my axis and managed to get out. Then I either slipped down or fell from the bed, but I did not feel any pain. I crawled for 1-2 meters and then felt that I could go back. I started to touch the rug and some other thing, though I don't know exactly what it was as it was dark, and, lo and behold: within 20-30 seconds I probably felt what small kittens feel when their eyes open for the first time. Everything was foggy and blurry at first, but then a picture started to appear, the room filled with light, and colors became bright and vivid. I tried very hard to restrain my excitement, and, to my surprise, was able to.

I walked around my apartment thinking about what I should do (*M.R.: no plan of action*). Realizing that I did not have that much time, I decided to talk to an elderly man who would answer my questions. I decided that there would be an omniscient elderly man behind the apartment's front door, which I was about to open. And there he was, half-bald, about 60 years old, in a grey coat waiting for me. I asked him the question, "What should I do to get into the phase more often?" But he started to tell me about how he was raped as a child. And to be more precise, this was already not an elderly man, but an elderly woman. I was not very interested in hearing her story, thus I tried to move away from her, suggesting that we could talk later. But the elderly woman

was persistent, and I did not want to offend her, because I thought that this was an unusual phase with its own set of rules, and namely that once you have asked an old woman a question, you are supposed to be courteous and listen to the entire answer (*M.R.: wrong logic*).

I went with her to the kitchen of my apartment. The telephone suddenly rang. I got scared that the telephone was ringing in my apartment and would wake me up, which is why I immediately started to look at my hand in order to maintain. But the sensations were quite stable, and I stopped doing that. Then, me and this lady wanted to cook something in my kitchen. She said that I could heat a frying pan without gas. But I instead decided to try the technique of putting the hands together and blowing on them, and returned back into my body (*M.R.: no re-entering*).

Daniel
Bistrita, Romania

I set my alarm for 5 AM, as I had gone to bed at midnight! The alarm went off, I silenced and got out of bed at 5:10 AM, went to the kitchen, ate something, smoked a cigarette, and then got back to bed with *intention*.

So, I do not know how I got into the phase again, I think I just woke up into it.

I remember very well being in a strange room again, and my vision was blurry. I remember the place as being very colorful. I had shouted aloud, "I need clear vision", and then repeated myself. And as I had shouted, I found myself peering at the walls of the room before me. After few seconds, everything was a crystal-clear as the picture from a Bluray disc.

I deepened by punching the walls. This time, like every other time I observed the details of my fist entering into the wall, I felt it so realistically. It was as if the wall was made from rubber. I saw and felt how it moulded to my fist. The wall even changed color: it went from yellow to bluish. As is typical of me, I had no plan of action. Even when I have a plan of action, I do not recall it very well when in the phase.

So I found a mirror. I looked at my reflection, everything was normal. Then I closed my eyes and intended to see my

muscles as being larger. When I opened my eyes, my chest seemed pretty big, but it looked like it was the chest of a 70 year old. I thought, "what the heck?"

I closed my eyes again and created my intention, more intensely this time. When I opened them again, to my surprise I was like Vin Diesel: big chest, well defined, big arms etc. I said, "damn I look awesome!"

So from there on I think I pretty much lost it (*M.R.: no maintaining*). But it was great anyway...

**Robyn
Australia**

I had an awakening and immediately attempted to roll out. That didn't work, so I tried brain strain, but still nothing... So I phantom wiggled, not sure which part of my body, just something - anything, as I was determined to separate.

It worked, and I felt myself moving upward and forward and then I seemed to get a little stuck, and so I thought, "Oh, I am just going to stand up - they say that works when you are stuck." I immediately stood up, my legs from the knees down went through my bed. It was very pleasant to be free of my body. The whole movement of separation had a slight, effervescent tingling sensation (as you see on Star Trek when they are translocating, i.e. "Beam me up Scotty.")

I moved to the side of my bed, but I hadn't opened my eyes yet as I was a teeny bit anxious (excited) about what I would see when I did. I naturally started touching everything within reach: the wall, the bed, and the stool at the end of my bed. I then opened my eyes.

I immediately felt and saw a small dark shadow at my feet. I knew it was Tsar, my Mother's Blue Russian cat. Although he does not live with me at the moment, I knew it was him. As I moved away from room, I caught a glimpse of my body lying in my bed: my mouth was slightly open and I could hear myself softly snoring. I had no desire to look directly at my body.

I was thrilled to be out. I stepped into my living room (*M.R.: no plan of action*). To my left was a lamb and a sheep

and several brownish-black geese. I was delighted to see them there in my living room. I felt Tsar at my feet again.

My attention was drawn to what was outside through the window. There I saw colorful, twirling carnival rides. The colors were not brilliant as I had hoped they might be, however when I looked directly at one it twirled faster. There were a multitude of birds in the sky, passing overhead. It was quite surreal. I got the same feeling as I got when watching the scene when birds flew by in the movie *Jurassic Park*.

Back in my living room, the animals had gone but I noticed wet, sloppy bird droppings on the carpet (naughty geese!). I looked at my hand it was not normal. Half was natural flesh, and the other half was like moulded, skin tone plastic, as in the mask the Phantom of the Opera wears. I was not at all perturbed at its appearance. I just thought, "oh, that's interesting." My next thought was, "I am going poke my finger through my hand." I did, and then quickly removed it, thinking to myself, "eewww! It works." Again, I was not perturbed.

I moved into the kitchen. It was as if burglars had been there. There was broken glassware and crockery all over the bench. I am presuming it was those naughty geese again. Anyway, I turned to the refrigerator and saw a broken mirror on the floor and wondered where it had come from. The refrigerator door was ajar, I opened it further and discovered that the vegetable crisper drawer had a mirrored front and it had been smashed. I opened the freezer door to see about 8 cups of ice cream (the commercial kind, something like Cornetto). Their lids had been peeled off and sticky ice cream had run and dripped everywhere. Was it those birds again?

I turned back into the living room to see more runny bird droppings than there were before. Puzzled, I wondered how I was going to clean up this mess.

I then heard people outside and looked down through the window. (I live upstairs.)

There were half a dozen people dressed in dark blue workman's clothes down there talking. One of them was a woman who shot me an unpleasant look and said something that I couldn't hear. I felt threatened. A little nervous, I waited for them to pass underneath my apartment, but they

didn't appear on the other side of the building. Phew! (In reality, my apartment is suspended between two buildings, cars and pedestrians pass under.)

Standing on the threshold of the living room and kitchen, I decided to fly and see how that felt. I zoomed around the ceiling a couple of times.

Now standing in the living room, contemplating what I should do next, I felt a little bored. I figured I might as well go back to my body (*M.R.: wrong logic*). I moved to my bed and crawled into my body. I felt a little disheveled and crumpled in there, but as soon as I felt smooth and comfortable I opened my eyes.

**Nina
Brisbane, Australia**

I woke up. I needed to go to the bathroom, but decided to ignore the need. I felt light vibrations and did forced falling asleep. I knew I was in the phase. I could feel myself moving, but the vibrations weren't there anymore. I thought to myself, "that's odd... oh well, just roll out!" So I did!

I was on my husband's side of the bed and I couldn't see properly. My eyes felt stuck together. After some straining, I could see out of my left eye fine and noticed a whole lot of pillows and blankets piled on the floor. I thought, "how did all that get there???"

I tried to open my right eye, but the eyelids were stuck together. I tried physically opening it with my fingers, but it was stuck like glue. I thought, "what if I rip my eyelid," but knowing full well I couldn't. Then, I realized that the reason my eye was not opening was because I had to deepen! I closed my eyes and frantically started touching everything I could. I touched the walls, my husband's bedside table, and knocked over everything. I could hear glass hitting the table. I'd knocked over a glass of water. I still couldn't see! I sort of stalled, and didn't know what to do.

Then, I remembered that while in the phase, I had wanted to stick my head out of my *closed* bedroom window, look out, and jump! (my bedroom is on the 2nd floor) I ran excitedly to the window and stuck my head out! *Argh!! It works! So cool!*

I jumped out, and before I hit the ground I said, "I want to fly." I took off and flew around my house and the others around it. *Ahhh so this is what it feels like.* It was amazing! Then all of a sudden - SPLAT! I fell out of the sky! *How rude!*

I jumped up and tried again. I didn't take off, but sort of hovered and then fell again. I did this twice, and on the third time I took off. I flew down the road. I still couldn't see out of my right eye, and thought, "I wonder if I can make it rain?" I said, "I want it to rain," and it started raining! As soon as it had started raining, I could see out of both eyes. I wiped my face. There were beautiful cool rain drops as I was flying! It was so peaceful. I didn't want it to end.

It did however end, and I found myself sitting on the side of the road a block over from my house. I realized I needed to go to the bathroom! *Damn it!* I woke up.

This was the coolest thing I have ever experienced in my life - so much fun! I can't wait for more OBE's - bring it on!

**Boris Bender
Moscow, Russia**

I became conscious in my dream almost immediately after falling asleep. I was in my apartment standing in the corridor. Being surprised by having so suddenly found myself in the phase, I started to touch the walls with my hands to test their firmness or, "realness," as well as to intensify the phase by touching. I entered the room (*M.R.: no plan of action*). There was a bed standing next to the wall, with my mother sleeping on it. I could not see her face, only her body under the blanket. The room and corridor were exact replicas of their real-life counterparts.

While thinking about my sleeping mother, I suddenly started to feel somewhat uneasy. When I approached the window, I saw a grotesque landscape behind it that was similar to pictures from movies about catastrophes: a wasteland, houses in ruins, odd pileups of building materials, slabs of concrete, garbage, craters from explosions here and there, and I noticed human figures in some places.

Fearing a foul caused by the fact that I was taking in a panoramic view (the view from the window spanned 180 degrees and cut off at the horizon, which is in fact almost

exactly as the view from my apartment is in real life), I turned back into the room and started to touch the wardrobe, and then knelt down to touch the floor. All the while, my fear had been growing stronger and stronger: both out of thinking about my sleeping mother and due to the view from the window. Anxiety turned into real fear within a matter of several seconds, and then graduated into terror and panic. I lost the ability to think critically. I had only one thought: I had to go back to my body (*M.R.: wrong logic*). I darted back to my bed and suddenly found myself lying on it. I closed my eyes, but could not understand if I were in my real body or still in the phase. My terror grew even stronger when I half-opened my eyes and saw that my mother was getting up from her bed. She looked like a character from a horror movie and apparently was hostile to me.

I wanted to disappear, dissolve, and wake up! I hectically tried to recall the techniques for an emergency exit from the phase, but with poor results: I tried to freeze, relax and touch my fingers to my toes in order to feel a connection with my real body. At some moments I felt like I had it, thinking, "The connection had been restored!" I opened my eyes, but realized that I was still in the phase when I saw that the room had changed, and was now awash with garbage.

The fact that the attempts kept ending with false awakenings was driving me crazy. I was especially shocked when I got up after one of the false awakenings and saw my mother standing at my bed, still looking threateningly at me, like a vampire or a zombie from a horror movie. Plus, she started to reach out toward me with her hands!

I nevertheless kept on and tried to freeze and wiggle my toes, this time without opening my eyes, and not checking where I was. I started to calm down after some time, but I was unable to feel my real body, which was confirmed by the fact that sounds were coming in from the phase: I heard sparrows chirping outside the window, though it reality it was too late for sparrows to be out. However, the chirping and the associations that it brought (i.e. day, warmth, sparrows, and sun), probably helped me a lot and calmed me down, as I finally managed to sense my real body and found myself in reality. Nevertheless, after I got up, I immediately started to

verify for about half a minute that I was no longer in the phase by touching objects, making sure that they were hard, and feeling all of my bodily sensations.

Sumer
sumer.phase@gmail.com

All my entries into the phase were spontaneous via lucid dreaming or in a state of very dim consciousness. This was my first fully conscious separation. Because of this, it felt like REAL FUN.

I returned from a business trip and went to bed with an eye-mask on at 3 PM. I attempted to enter the phase by direct methods, but fell asleep. I woke up in about 3 hours without movement, but with a feeling that I had woken up completely (*M.R.: no separation*). Nevertheless, something told me to try to move my arm - in case it was my phantom arm. The arm started to rise together with the duvet. I had a feeling that the duvet was covering my head as well (which was not true), and therefore decided to raise the arm higher to test whether it was my phantom arm or not, as at some point there would be light from the window if it indeed was my real arm. No, there was no light and I realized it was my phantom arm. I tried to roll out with the arm. At first, separation was partial. I tried again and rolled out from the bed and ended up on all fours on the floor. Vision appeared almost immediately. I started palpating the floor, walls, and window shades, feeling the texture. Then I rose and started clapping my hands. There was sound. Then I went to explore the rooms (*M.R.: no plan of action*). I passed by a mirror. I looked at myself and saw myself there with dark glasses and a wide smile, although I was not smiling at the time. I went into a room and saw a beautiful partition wall made into an aquarium. I saw people behind the partition and went there - and then, a foul! (*M.R.: no maintaining*)An attempt to separate again did not work.

My main mistake in the phase was in not taking the clues that the deepening was not sufficient. The clues were: no change in perception of realism after application of deepening techniques, the weak sound of my hands clapping, and the strange reflection of myself in the mirror.

John Merritt
Houston, USA

I already had a few successes with astral projection, but they hadn't lasted long, and I had never made it out of my house. I consulted with a friend and she told me there was a sort of gravity that tended to pull you back into your body if you stayed too close to it, and that what she did was try to immediately leave the location of the physical body so that the pull would be weaker.

So, I set my intentions on leaving my house as quickly as possible on my next successful attempt. After a few days I had a projection. And I remembered that I had wanted to get out of the house this time, and so as soon as I rose up off the bed I started running down the hall, down the stairs, and to the front door. I opened the door (or at least it felt like I opened the door) and ran outside. I had done it. Within seconds of leaving my body, I made it outside the house. I hadn't really planned what I would do once outside and I just started running through the yard and towards the street. I happened to look back toward the house, and I saw a couple of little red eyes in the darkness. And those eyes were moving too! I could see that it (whatever it was) was running too, and I was afraid that it was running after me! I got scared and immediately found myself back in my body (*M.R.: no maintaining and no re-entering*).

This projection was special because it was the first time I was able to leave the house and the first time I encountered another entity while outside my body.

Alexei Teslenko
Moscow, Russia

Actually, I was not planning to travel that night, but when I woke up around midnight I decided to try to enter the phase nevertheless. I started to perform phantom movements with my arms, but then a strong sleepy lethargy overcame me and I suddenly wanted to give up my attempts to enter the phase and simply fall asleep. However, I was persistent and continued to perform phantom movements with my arms. Instead of feeling the usual vibrations that occur when this

technique is performed, I simply fell asleep and continued the phantom movements while dreaming. Because of that, my consciousness apparently did not fall asleep completely, and I became aware that I was dreaming.

I immediately climbed out of my body. There was no vision, conscious awareness was no more than 50%, so the phase was not that deep. In order to maintain the phase, I immediately started chaotically touching everything around me. It helped. Vision came, though it was murky. I then found myself in my apartment. I decided to strive to deepen. After I had achieved a stable phase, I decided that it would be good to grab a snack and headed for the fridge (*M.R.: no plan of action*).



I should add that I was on a strict diet at the time and was craving something sweet or fried. However, when I opened the fridge, I was quite disappointed. There was a lot of food in the fridge, but all of it required preparation (raw meat, fish, dill, etc.). However, there was a bottle of sparkling mineral water on a special lower shelf in the fridge. Without giving it any thought, I took the bottle and started to chug it.

All of the sensations were just as in real life: I felt the bubbles from the carbonation, that peculiar taste that mineral water has, and also how the water went down my throat. In general, everything was quite realistic, though there was no

sensation of my stomach filling up with water and, moreover, the water felt somewhat dry. It sounds funny, but that very feeling of water's dryness spoiled my overall impression somewhat. After a foul, I realized that a possible reason for this might have been dryness in the mouth of my real body.

Usually, if there are, for example, candies in the kitchen or in the fridge, I actually take a handful of them and consume them while traveling through the phase.

After going to the fridge, I wanted to see something interesting. I decided to employ the technique for creating objects and people, and so I closed my eyes and focused on the image of a girl whom I wanted to see at that very moment. I affirmed my desire, and I then opened my eyes, concentrating on the area to my side. The air grew misty at first, and then the person I was expecting materialized out of the air, and came to life, seemingly fully autonomous and with free will - she had the same manner of speaking as in real life, and acted in the same way...

Dodd Stolworthy
Ventura, USA

I set my alarm to go off in 6 hours, but I woke up to vibrations after 5 hours of sleep (*M.R.: no separation*). Straining the brain worked really well and the vibes got stronger and stronger (*M.R.: no separation*). While they were getting stronger, I told myself that if I heard any kids coming in the room or felt the bed shake, that it was fake! This is because I've been fooled too many times.

My body started getting loose and floaty and before I knew it, I was just out! Didn't have to separate!

My neck has been messed up since April and the last couple weeks I've made it my goal to do something about it in the phase (I got the idea from the thread "Healing in the phase" by Jeff on the obe4u.com forum). I wanted to try some kind of manual stimulation, but I did not see my body on the bed. Instead, I noticed my sister-in-law was sleeping with my wife in my bed.

I wanted to accomplish my goal before I fouled. Since I didn't see my body, I recalled Michael talking about taking

pills. I was a little worried about taking random pills, so I did a reality check first and then went for it.

When I woke up I noticed weird tingling, vibrations in my neck and I feel pretty good today!! I'd say a 20% improvement! AWESOME!

Dodd Stolworthy
Ventura, USA

I was waking up and felt a strange feeling in my hands and feet. I also noticed I was sleeping in the baby's bed but, like most dreams, did not think anything of it. Meanwhile, *I felt the presence of someone standing by my bed*. It was a strange feeling and the presence that made me question lucidity, so I stuck my hand through the wall, and BAM! I was now lucid.

So I grabbed my 7 year old son, put him on my shoulders and told him we were going flying. I jumped up but nothing. So I decided to walk through the wall. As I did so, everything went black and I knew I was losing the phase. I rubbed my hands together and waited patiently for the phase to return. To my surprise, it did! I've been able to recover phases before, but none after losing them as long as I had here. So this time I decided to not do anything until I was able to make the phase more stable. I rubbed my hands some more and everything became so vivid! I still had my son on my shoulders, and decided to just jump through the wall and I gently floated down to the street - man, what a rush! I then took another huge leap and slowly floated down again (*M.R.: no plan of action*). Everything faded and I did not feel any hands that I could rub together, and so it ended (*M.R.: no maintaining*).

I've heard of people lying still after phases and being able to re-enter the phase, but I was not able to do it.

Matthew Shea
Canada

I was having a dream, and at the end of the dream, I could feel the shift in consciousness as I came back to my bed (*M.R.: no separation*). I attempted rubbing my hands together, and I decided to incorporate rubbing my face as

well. It began to start to feel realistic, so I started putting more work into it. Then, I tried to get up. Immediately after trying to get up, I questioned whether this was the physical world or not. Regardless, I kept on trying. I had to put in a large amount of effort into it, but I eventually managed to get myself out of bed.

I couldn't open my eyes. I tried to force them open with my hands and got a little bit of light in. Then I remembered that sometimes you don't have vision, and that you need to do grounding techniques. I began feeling the walls and soon enough my vision began to come to me. In the process, I could hear a woman I know giving orders to someone. When my vision came, she was gone. I projected into my brother's room instead of my own, but now the whole house was different. There were people everywhere dressed in hunting uniforms. I walked into one room and there was a desk with a girl I know behind it (*M.R.: no plan of action*). She seemed to be in charge of what was going on around there. We talked for a minute and then someone came in with a dead moose in a huge bag. It was quite strange.

I proceeded to walk somewhere else, but I don't know how I got there. It was a huge room, with shelves full of VHS tapes on one side and someone playing the piano. They were playing Jewish music, I think, and people were all around, listening. We walked into another room and someone started dancing. I began to dance with them, just fooling around. Everybody came into the room and watched us dance or joined us. I started to lose the phase, and could partially feel myself lying in my bed. I felt around trying to ground myself again but it was too late. I could feel the sides of my bed. I tried to get out of my body once again but it never worked.

Matthew Shea
Canada

I felt as if I was lying in my bed at first, but at the same time I felt like I was in a dream. I could hear a game show or something on a television, so it was definitely in my head. I relaxed and knew I was either in a dream, or about to be. All of a sudden, I was thrust into the phase. I landed in a grassy field in a place like my town, but having a bit of a different

appearance. I walked along, and felt the grass and other things as I did. I crossed a road as a huge vehicle came down the road. The vehicle hit me and knocked me down, but luckily it didn't hurt. I felt as if I was observing a movie. It felt great. Suddenly, I realized what my plan was.

I really wanted to try and fly and go visit someone that I know. I jumped a couple times to no avail. Then, I jumped and began to fly a little. All of a sudden, the police came and pulled me out of the sky (*M.R.: wrong action*) and accused me of terrorism! I ended up being let off because they really don't know what the heck they were talking about. I went home after this. I really wanted to try and visit my friend again, so I went and put my shoes on. At that point, I started thinking about my physical body, and so I immediately stopped thinking about it and continued with the shoe thing.

I walked outside, and then I start thinking about what the world around me looked like. I gazed up behind my house, where there are usually a few hills. They were huge now and very grassy instead of rocky. This amused me and I looked around some more. Now there were hills in my front yard. As I gazed up at the sky, I noticed something amazing. There were moons of every different shape and size, differing from the normal color. Some were pale blue. Some of them were oval and some were round. It was a really fantastic sight. After this, I continued on my way to visit my friend. I started walking down the road, trying to fly again and again.

My brother showed up and I told him what I was doing. He suggested that he give me a boost. I told him that I might end up hurting myself like that, and so he doesn't do it. I kept trying. I even jumped off someone's head when I saw them coming up the road. I guess I finally gave up on it. There was a small lapse between then and when I ended up in my house (*M.R.: no maintaining*). Once I did end up in my house, we were having something to eat. As I was sitting at the kitchen table, I all of a sudden woke up (*M.R.: no re-entering*). It feels really interesting to just wake up peacefully in your bed after an experience like that.

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